Musculoskeletal Injuries

From Bradys' Emergency Care 10th Edition

1. What is the last thing that needs to be done when immobilizing a joint?

   a. Manually stabilize the injured limb
   b. Assess distal PMS function
   c. Immobilize the site of injury
   d. Reassess distal PMS function

2. What should the injured side be compared to when there is any doubt about injury?

   a. Textbook
   b. Family member
   c. Uninjured side
   d. Partner's body

3. Which direction will the leg be rotated when suffering from a posterior hip dislocation?

   a. Downward
   b. Outward
   c. Upward
   d. Inward

4. What is the anatomical name of the collarbone?

   a. Clavicle
   b. Scapula
   c. Carpals
   d. Humerus

5. What is the first thing that needs to be done when treating a patient with a femoral shaft fracture?

   a. Apply a traction splint
   b. Control any bleeding
   c. Treat for shock
   d. Assess distal PMS function

6. Where are the major short bones in the body found?

a. Chest and back
b. Head and face
c. Legs and arms
d. Hands and feet

7. When does the patient complain that he is unable to move his leg when suffering from a hip fracture?

a. On his back
b. On his left side
c. On his right side
d. On his stomach

8. What position should the knee be splinted in when it is found bent?

a. Bent
b. Twisted
c. Rounded
d. Straight

9. How should the foot be secured when immobilizing a long bone?

a. Extended position
b. Position found in
c. Position of function
d. Flexed position

10. Which is NOT a method used to stabilize a hip fracture?

a. Pelvic wrap
b. Bind the legs together
c. Apply an anti-shock garment
d. Padded boards

11. How much blood loss is seen in a pelvic fracture?

a. 1 to 2 pints
b. 4 to 5 pints
c. 3 to 4 pints
d. 2 to 3 pints

12. What should be done with an unstable patient who has obvious musculoskeletal injuries?

a. Splint all of the injuries and transport
b. Secure with a cervical collar and transport
c. Splint most severe injury and transport
d. Secure to a backboard and transport

13. Which is NOT a type of force that causes musculoskeletal injury?

a. Rocking
b. Indirect
c. Twisting
d. Direct

14. What is the most common bone injury?

a. Twist
b. Sprain
c. Break
d. Strain

15. When is the air splint full enough?

a. Do not make any dent in the plastic when press on it with the thumb
b. Make a slight dent in the plastic when press on it with the thumb
c. Make a crater in the plastic when press on it with the thumb
d. Leave a dent in the plastic when press on it with the thumb

16. Which is the connective tissue that covers the outside of the bone end?

a. Ligament
b. Cartilage
c. Marrow
d. Tendon

17. What is the maximum amount of traction that should be applied when using a Sager unipolar splint?

a. 15 pounds
b. 25 pounds
c. 20 pounds
d. 30 pounds

18. How far beyond the foot should both splints extend when using a two-splint method with a straight knee?

a. 8 inches
b. 10 inches
c. 6 inches
d. 4 inches

19. What provides the body's framework?

a. Joints
b. Tendons
c. Ligaments
d. Bones

20. How often should vitals be taken after the anti-shock garment has been applied?

a. 10 minutes
b. 20 minutes
c. 5 minutes
d. 15 minutes

21. How far above and below the mid thigh and mid calf should the padded splint boards extend when using the two-splint method with a bent knee?

a. 8 to 14 inches
b. 2 to 8 inches
c. 6 to 12 inches
d. 4 to 8 inches

22. Which direction does the foot turn when there is lateral rotation with a hip fracture?

a. Upward
b. Downward
c. Inward
d. Outward

23. What should be used to ensure the position of function when splinting an injury to the forearm?

a. Sling and swathe
b. Air splint
c. Roll of bandage
d. Tongue depressor

24. When splinting the arm with the elbow straight, where should the padded board be measured from?

a. Humerus
b. Elbow
c. Wrist
d. Armpit

25. What is caused by the stretching of ligaments?

a. Strain
b. Dislocation
c. Fracture
d. Sprain

26. Where should the bend of the Fernotrac traction splint be located?

a. Heel
b. Ankle
c. Shin
d. Knee

27. What should be supported when there is only a short piece of material available to splint an injured humerus?

a. Wrist
b. Shoulder
c. Elbow
d. Hand

28. Where should the splint be placed when using the one-splint method with a straight knee?

a. Superior of the limb
b. Posterior of the limb
c. Inferior of the limb
d. Anterior of the limb

29. What should be done with a hip dislocation patient once the distal PMS function has been assessed?

a. Immobilize with pillows
b. Transport carefully
c. Care for shock with oxygen
d. Move to a long spine board

30. What do obvious bruises indicate the need for?

a. Tourniquet
b. Bandaging
c. Oxygen
d. Splinting

31. How far above the elbow should the patient's hand be when applying a sling?

a. 4 inches
b. 2 inches
c. 6 inches
d. 8 inches

32. How far from the arm and wrist should the padded splint board extend when splinting an arm in the bent position injury?

a. 4 to 8 inches
b. 3 to 7 inches
c. 2 to 6 inches
d. 5 to 9 inches

33. How many responders should be used to apply the traction splint ideally?

a. 3
b. 5
c. 4
d. 2

34. What is the anatomical name for the ankle bones?

a. Phalanges
b. Metatarsals
c. Patellas
d. Tarsals

35. What should be done if resistance is felt while trying to realign an extremity?

a. Continue until full alignment
b. Remove the splint immediately
c. Stop and apply the splint
d. Reverse the traction

36. What should be stabilized to prevent further injury to the pelvis?

a. Upper limbs
b. Trunk
c. Spine
d. Lower limbs

37. What can be used to assess compromise to an extremity when a musculoskeletal injury is suspected?

a. Five l's
b. Five p's
c. Five m's
d. Five f's

38. How wide should the sheet be when using it to perform a pelvic wrap?

a. 8 inches
b. 6 inches
c. 10 inches
d. 12 inches

39. What is the third step when applying the traction splint?

a. Lower the limb into the cradles of the splint
b. Apply padding to the groin area
c. Secure the ischial strap
d. Apply manual traction and position the splint

40. How far below the heel should the Sager traction splint be placed?

a. 5 inches
b. 6 inches
c. 4 inches
d. 7 inches

41. What should be done before applying the sling if there appears to be an anterior dislocation of the shoulder?

a. Bandage any obvious injury
b. Place pillow between arm and chest
c. Apply gentle traction to the arm
d. Reduce the shoulder dislocation

42. What are traction splints used for?

a. Femur fractures
b. Patella fractures
c. Humerus fractures
d. Radius fractures

43. What applies constant pull along the length of a lower extremity to help stabilize the bone and reduce muscle spasm?

a. Bandage dressing
b. Traction splint
c. Pressure dressing
d. Air splint

44. What can allow for further injury to nerves and blood vessels when splinting?

a. Splinting too loosely
b. Splinting too quickly
c. Splinting too slowly
d. Splinting too tightly

45. How is the board used to splint an elbow in the bent position measured?

a. Horizontally
b. Perpendicularly
c. Vertically
d. Diagonally

46. Which is the first strap to be secured when using a Sager traction splint?

a. Knee
b. Ankle
c. Thigh
d. Hip

47. Which muscles are of chief concern in trauma and musculoskeletal injury?

a. Skeletal
b. Smooth
c. Neuropathic
d. Cardiac

48. Which strap should be applied first when using a traction splint?

a. Distal
b. Radial
c. Proximal
d. Medial

49. What should be done after the distal PMS function have been reassessed when using the two-splint method with leg injuries?

a. Apply manual traction to the leg
b. Pad any voids in the splints
c. Secure the splints
d. Elevate the immobilized leg

50. Which is considered a common injury of the ankle?

a. Strain
b. Tear
c. Pull
d. Sprain

51. How far below the foot should the pillow extend when applying a soft splint to the foot or ankle?

a. 6 inches
b. 2 inches
c. 8 inches
d. 4 inches

52. Where should the lower edge of the air splint be located?

a. On top of the patient's knuckles
b. Just above the patient's knuckles
c. Just below the patient's knuckles
d. Around the patient's knuckles

53. When should a deformed wrist be realigned?

a. The hand is cyanotic
b. The deformity is grotesque
c. The deformity is small
d. The hand is warm

54. What should be done when using a rigid splint to prevent movement of the limb?

a. Tape the splint
b. Tighten the splint
c. Pad the splint
d. Inflate the splint

55. What size roller bandage should be used to secure the injured leg to the splint when using the one-splint method with a straight knee?

a. 4-inch
b. 8-inch
c. 2-inch
d. 6-inch