Chapter 11

Obtaining a Medical History and Vital Signs

1. What are you listening for when you are determining the diastolic blood pressure using a blood pressure cuff and stethoscope?
p. 230

A.) Sound of the pulse to speed up
B.) Sound of the pulse to stop
C.) Sound of the pulse to slow down
*D.) Sound of the pulse to fade

2. Which fingertip should be kept on the crease between the wrist and hand to ensure you are placing the fingertip over the site of the radial pulse?
p. 225

*A.) Middle
B.) Ring
C.) Index
D.) Little

3. Where would you look when using the conjunctiva to evaluate skin color in dark-skinned patients?
p. 233

A.) Inside upper lip
*B.) Inside lower eyelid
C.) Inside lower lip
D.) Inside upper eyelid

4. How many questions should you ask while you have covered the patient's eye waiting for the pupil to dilate?
p. 234

*A.) Two to three
B.) Three to four
C.) Do not talk
D.) One to two

5. Which of the following is advisable when interviewing a family member of the patient?
p. 221

*A.) Move a short distance away from the patient
B.) Keep them close to the patient
C.) Isolate them from the patient
D.) Remove them from the scene completely

6. Which in the OPQRST tool is designed to trigger questions pertaining to what might make the pain better or worse?
p. 219

A.) Time
B.) Onset
*C.) Provocation
D.) Quality

7. What does the palpation method reveal?
p. 228

A.) Pulse
B.) Diastolic pressure
C.) Strength
*D.) Systolic pressure

8. What multiplier would you use if you counted the pulse for 15 seconds?
p. 225

A.) 6
B.) 8
*C.) 4
D.) 2

9. What is something you can see and observe about your patient that helps you treat them?
p. 216

A.) Traits
B.) Symptoms
C.) Complaints
*D.) Signs

10. Which of the following may be the cause for unequal pupils?
p. 234

A.) Certain medications
B.) Central nervous system damage
C.) Cardiac arrest
*D.) Head injury

11. Under what age is blood pressure in children not normally measured in the field?
p. 227

A.) 7 years
*B.) 3 years
C.) 5 years
D.) 9 years

12. What is generally the first step in the interview sequence?
p. 218

A.) Patient's name
B.) Chief complaint
C.) Consent
*D.) Introduction

13. What is the adequate supply of well-oxygenated blood to all parts of the body?
p. 221

A.) Infusion
*B.) Perfusion
C.) Contusion
D.) Palpation

14. Which type of breathing would you expect to see when the patient is suffering from heart failure?
p. 223

*A.) Deep gasping, labored breaths
B.) Coughing blood
C.) Wheezing
D.) Slowed breathing

15. What is the OPQRST tool most often used to assess?
p. 219

A.) Illness
*B.) Pain
C.) Lucidity
D.) Cooperation

16. What would the fourth set of vital signs be compared against?
p. 222

*A.) First set taken
B.) Third set taken
C.) Do not compare vital signs
D.) Second set taken

17. What skin color will you likely see if blood loss has occurred?
p. 232

*A.) Pale
B.) Cyanotic
C.) Yellow
D.) Pink

18. Which part of the patient history would knowing if chest pains began with the patient at rest or during exertion fall under?
p. 219

A.) Past pertinent medical history
B.) Signs and/or symptoms
*C.) Events leading to the illness
D.) Last oral medication intake

19. Which of the following is commonly seen when the patient is snoring?
p. 223

A.) Heart failure
B.) Complete airway obstruction
C.) Chest wound
*D.) Fractured skull

20. Which of the following is considered a central pulse?
p. 224

A.) Pedal
B.) Brachial
*C.) Femoral
D.) Radial

21. Which term is used to describe the strength of the patient's pulse?
p. 225

A.) Regular
*B.) Strong
C.) Rapid
D.) Normal

22. What is the formula you should use to estimate a child's systolic blood pressure?
p. 227

A.) 2 X age in years + 90
B.) 3 X age in years + 90
C.) 3 X age in years + 80
*D.) 2 X age in years + 80

23. Which of the following is an acronym used to obtain a patient's history during the secondary assessment?
p. 218

A.) INJURY
B.) TESTING
*C.) SAMPLE
D.) OUTLOK

24. How much more should the cuff be inflated once the pulse disappears when determining blood pressure by palpation?
p. 231

A.) 10 mmHg
B.) 40 mmHg
C.) 20 mmHg
*D.) 30 mmHg

25. Which of the following temperature and condition combinations will be seen when a patient is suffering a heart attack?
p. 232

*A.) Cool, moist
B.) Hot, moist
C.) Cold, dry
D.) Hot, dry

26. A pulse under how many beats per minute is considered abnormal for an adult patient?
p. 222

A.) 75
B.) 65
*C.) 60
D.) 70

27. Which of the following does NOT describe a good way to interview your patient?
p. 217

A.) Rephrase a question is necessary
B.) Listen carefully to what the patient is telling you
C.) Use a caring tone of voice
*D.) Get as much information as quickly as possible

28. What should the maximum capillary refill time be?
p. 226

A.) One second
B.) Three seconds
*C.) Two seconds
D.) Four seconds

29. About what distance above the crease in the elbow should the lower border of the blood pressure cuff be placed?
p. 229

A.) 2 inches (5.0 cm)
B.) 1.5 inches (2.8 cm)
*C.) 1 inch (2.5 cm)
D.) 2.5 inches (6.4 cm)

30. Which of the following is used to describe a patient's pulse?
p. 225

A.) Ease
*B.) Rate
C.) Volume
D.) Depth

31. Which part of the APVU scale would the unconscious patient be classified under?
p. 221

A.) P
B.) V
*C.) U
D.) A

32. What is the primary pulse point for infants under the age of one year?
p. 225

A.) Femoral
B.) Ulnar
*C.) Brachial
D.) Carotid

33. Which is a symptom?
p. 216

A.) Pale skin
*B.) Pain
C.) Rapid heartbeat
D.) Wound

34. Which is designed to determine what the patient was doing when pain or symptoms began using the OPQRST tool?
p. 219

A.) Provocation
B.) Time
C.) Quality
*D.) Onset

35. What color skin indicates late stages of carbon monoxide poisoning?
p. 232

A.) Sky blue
B.) Carnation pink
C.) Mottled
*D.) Cherry red

36. What element in the OPQRST tool is designed to establish how long the patient may have been experiencing discomfort?
p. 220

A.) Severity
B.) Onset
*C.) Time
D.) Quality

37. Which of the following would indicate that something is wrong?
p. 233

A.) Constriction of the pupils with a pen light
B.) Dilated pupils in dim light
C.) Uneven reaction to pupils
*D.) Pupils are uneven in size

38. Which of the following could cause a slow pulse quality?
p. 226

*A.) Head injury
B.) Cardiac arrest
C.) Exertion
D.) Dehydration

39. What is considered a normal diastolic blood pressure reading for male and female adult patients?
p. 228

A.) 50 to 80 mmHg
*B.) 60 to 90 mmHg
C.) 80 to 110 mmHg
D.) 70 to 100 mmHg

40. What number should be added to a woman's age to determine an estimated systolic blood pressure?
p. 227

A.) 80
*B.) 90
C.) 100
D.) 110

41. What is your best source of information in most situations?
p. 217

A.) Patient's family
*B.) Alert patient
C.) Bystander
D.) Patient's doctor

42. Where does blood pressure measure the change in pressure?
p. 227

*A.) Arteries
B.) Veins
C.) Arterioles
D.) Capillaries

43. Which pulse location should be used if the radial is not measurable?
p. 225

A.) Femoral
*B.) Carotid
C.) Ulnar
D.) Brachial

44. What is the pressure generated within the arteries when the heart contracts?
p. 227

A.) Diastolic blood pressure
B.) A systole blood pressure
C.) Palpated blood pressure
*D.) Systolic blood pressure

45. For which age group is a respiratory rate of 20 to 30 breaths per minute considered normal?
p. 224

A.) Adult
B.) 6-10 years
*C.) 3-5 years
D.) 11-14 years

46. Which of these vital signs is not considered truly vital to living?
p. 221

A.) Pulse
*B.) Skin signs
C.) Blood pressure
D.) Respiration

47. Where should you hold the patient's arm when assessing respirations?
p. 223

A.) Shoulder level
*B.) Upper abdomen
C.) Left leg
D.) Chest

48. What is the reason the patient called for assistance referred to?
p. 217

A.) Chief trait
B.) Chief symptom
*C.) Chief complaint
D.) Chief sign

49. Where should you assess skin temperature?
p. 232

*A.) Forehead
B.) Back
C.) Chest
D.) Upper arm

50. What should the blood pressure cuff be inflated to approximately for an adult patient?
p. 229

A.) 120 mmHg
B.) 140 mmHg
C.) 160 mmHg
*D.) 180 mmHg

51. What location on your patient allows you to assess all three skin signs?
p. 232

A.) Abdomen
B.) Hands
C.) Legs
*D.) Face

52. What is considered a normal respiratory rate for an adult?
p. 224

A.) 30-50 breaths per minute
B.) 12-20 breaths per minute
C.) 15-30 breaths per minute
*D.) 12-20 breaths per minute

53. How many fingers should be in contact with the patient's wrist and hand when taking the radial pulse?
p. 225

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