Paramedic Emergency Care

Questions and Answers

From Bradys Paramedic Emergency Care 3rd Edition

Stress Management in Emergency Services

1. Which is NOT a question that can be asked to monitor your own perception of a stressful event?
p. 118

*A.) Do others see the same event as stressful?
B.) Are you blaming yourself unjustly?
C.) Do you see what is really happening?
D.) Are your expectations realistic?

2. How should the paramedic refer to a person that has died when dealing with the family?
p. 121

*A.) Dead
B.) Passed away
C.) Moved on
D.) Expired

3. What timeframe after a stressful event should you alternate physical exercise with relaxation?
p. 119

*A.) 24-48 hours
B.) 48-72 hours
C.) 63-90 hours
D.) 36-48 hours

4. Which is a cognitive symptom of post traumatic stress disorder?
p. 114-115

*A.) Hyper alertness
B.) Decreased interest in life
C.) Reliving the event
D.) Feeling detached

5. How long does it take for a cumulative stress reaction to take place?
p. 116

A.) Weeks
*B.) Years
C.) Days
D.) Months

6. What is the first stage of grief that is used most by the dying patient?
p. 120

*A.) Denial
B.) Bargaining
C.) Anger
D.) Depression

7. Which type of job stress deals with being a "jack of all trades"?
p. 117

*A.) Multiple role responsibilities
B.) Lack of recognition for work done
C.) Overdemand on time and energy
D.) Unfinished tasks

8. Which emotional sign of distress does NOT require immediate corrective action?
p. 114-115

A.) Panic reactions
B.) General loss of control
C.) Phobic reaction
*D.) Survivor guilt

9. Which stage of stress occurs when the individual begins to adapt to the stress?
p. 113

A.) Stage III
*B.) Stage II
C.) Stage IV
D.) Stage I

10. Which is a sign of distress that requires immediate corrective action?
p. 114-115

*A.) Dizziness
B.) Dry mouth
C.) Chills
D.) Nausea

11. During which stage of stress reaction are the signs of the alarm reaction present, but hard to reverse?
p. 113

A.) Repeating
B.) Resistance
*C.) Exhaustion
D.) Alarmed

12. During the acceptance stage of grief, who needs more help?
p. 121

A.) Doctor
*B.) Family
C.) Paramedic
D.) Patient

13. Which is a symptom of anxiety that is NOT felt?
p. 117

*A.) Increased blood glucose levels
B.) Heart palpitations
C.) Rapid or difficult breathing
D.) Fluctuation in body temperature

14. What means a hardship, force or strain?
p. 112

*A.) Stress
B.) Relief
C.) Crisis
D.) Work

15. Which type of stress reaction follows a catastrophic event?
p. 113

A.) Reactive
B.) Cumulative
*C.) Acute
D.) Delayed