**2013 First Aid Statements of Fact**

Questions and Answers taken from the 2013 National First Aid Contest Rules

1. As a member of the EMS team, your primary role is one of:

a. Patient care

b. Safety\*

c. Transport

d. Documentation

2. What type of consent is necessary from responsive, competent adult patients?

a. Implied

b. Applied

c. Absentee

d. Expressed\*

3. Which one of the following is NOT a common pathogen encountered in EMS?

a. Rabies\*

b. HIV

c. Hepatitis

d. Tuberculosis

4. Which one of the following types of BSI precautions is most likely going to protect you from an exposure to tuberculosis?

a. Gloves

b. Eyeglasses

c. HEPA mask\*

d. Gown

5. All of the following are common signs and symptoms of stress EXCEPT:

a. Irritability

b. Difficulty sleeping

c. Increased appetite\*

d. Difficulty concentrating

6. Take body substance isolation (BSI) precautions:

a. For TV and HBV patients only

b. For any ill or injured patient\*

c. Only for patients who have a known infection

d. Only for patients who are bleeding

7. Which one of the following is the pathogen that most often affects the lungs and can be spread by a patient coughing?

a. HIV

b. Hepatitis B

c. Meningitis

d. Tuberculosis\*

8. Which one of the following best describes the anatomical position?

a. Standing upright with arms at the sides

b. Lying supine with arms outstretched and palms up

c. Standing with hands at the sides and palms forward\*

d. Lying prone with arms held straight out, palms down

9. The navel is on the \_\_\_\_\_\_\_\_\_\_ aspect of the body.

a. Posterior

b. Anterior\*

c. Inferior

d. Superior

10. The spine can be felt (palpated) on the \_\_\_\_\_\_\_\_\_\_ aspect of the body.

a. Posterior\*

b. Anterior

c. Inferior

d. Superior

11. The imaginary line that bisects the body into two halves (left and right) is known as the:

a. Proximal break

b. Inferior aspect

c. Recumbent line

d. Midline\*

12. Any location on the body that is closer to the midline is referred to as:

a. Medial\*

b. Recumbent

c. lateral

d. Inferior

13. The thumb is considered \_\_\_\_\_\_\_\_\_\_ to the palm.

a. Distal

b. Proximal

c. Lateral\*

d. Medial

14. A bruise that is on the anterior thigh just above the knee could be described as \_\_\_\_\_\_\_\_\_\_ to the knee.

a. Distal

b. Proximal\*

c. Lateral

d. Medial

15. The chin is \_\_\_\_\_\_\_\_\_\_ to the mouth.

a. Superior

b. Lateral

c. Inferior\*

d. Medial

16. The nose is \_\_\_\_\_\_\_\_\_\_ to the mouth.

a. Superior\*

b. Lateral

c. Inferior

d. Medial

17. A patient that is found lying face down is said to be in the \_\_\_\_\_\_\_\_\_\_ position.

a. Recumbent

b. Lateral

c. Supine

d. Prone\*

18. A patient with a suspected spine injury will likely be placed on a long spine board flat on his back or in a \_\_\_\_\_\_\_\_\_\_ position.

a. Recumbent

b. Lateral

c. Supine\*

d. Prone

19. The recovery position is also known as the \_\_\_\_\_\_\_\_\_\_ position.

a. Lateral recumbent\*

b. Lateral

c. Superior

d. Stroke

20. The bladder is located in which body cavity?

a. Cranial

b. Thoracic

c. Abdominal

d. Pelvic\*

21. The \_\_\_\_\_\_\_\_\_\_ cavity is also known as the thoracic cavity.

a. Pelvic

b. Chest\*

c. Abdominal

d. Cranial

22. An Emergency Medical Responder should immediately move a patient EXCEPT when the patient:

a. Has a blocked airway

b. Is bleeding severely

c. Has mild shortness of breath\*

d. Is in cardiac arrest

23. When lifting a patient, your feet should be placed:

a. One in front of the other

b. Shoulder-width apart

c. A comfortable distance apart\*

d. As close together as possible

24. Good body mechanics means keeping your back \_\_\_\_\_\_\_\_\_\_ and bending at the knees when lifting a patient or large object.

a. At a 45 degree angle

b. Straight\*

c. Curved

d. Slightly twisted

25. Which one of the following would be the best choice for a stable patient with a suspected spine injury?

a. One-rescuer assist

b. Cradle carry

c. Two-rescuer assist

d. Shoulder drag\*

26. Which one of the following devices would be best suited to carry a responsive patient with no suspected spine injury down a flight of stairs?

a. Flexible stretcher

b. Wheeled stretcher

c. Scoop stretcher

d. Stair chair\*

27. A good transfer of care should contain all of the following EXCEPT:

a. Patient’s name and age

b. Patient’s address\*

c. Chief complaint

d. Vital signs

28. Rescue breathing is:

a. Any effort to restart normal heart rhythms

b. Any effort to revive or restore normal breathing\*

c. The use of mechanical devices to restart breathing

d. The ability to restore normal heart rhythm and breathing

29. When performing the head-tilt/chin-lift maneuver on an adult, tilt the head:

a. As far back as possible\*

b. Into the sniffing position

c. To get the tongue to close the epiglottis

d. So that the upper and lower teeth are touching

30. The recommended method for opening the airway of a patient with a possible neck or spine injury is the \_\_\_\_\_\_\_\_\_\_ maneuver.

a. Jaw-thrust\*

b. Mouth-to-nose

c. Abdominal thrust

d. Head-tilt/chin-lift

31. Clinical death occurs when the patient’s:

a. Brain cells begin to die

b. Breathing has stopped for four minutes

c. Pulse has been absent for five minutes

d. Heart beat and breathing have stopped\*

32. A pocket face mask allows the rescuer to provide ventilation WITHOUT:

a. Having to hold the mask firmly in place

b. Delivering his own breaths to the patient

c. Direct contact with the patient’s mouth and nose\*

d. Worrying about keeping the head and spine in-line

33. During rescue breathing, you should check for adequate breathing by:

a. Looking for chest rise and fall

b. Listening for airflow from the mouth and nose

c. Observing skin color, such as paleness or cyanosis

d. Looking for chest rise and fall, listening for airflow, and observing skin color\*

34. The primary muscle of respiration is the:

a. Trachea

b. Esophagus

c. Diaphragm\*

d. Pharynx

35. The \_\_\_\_\_\_\_\_\_\_ prevents food and other material from entering the trachea.

a. Tongue

b. Alveoli

c. Pharynx

d. Epiglottis\*

36. Deep within the lungs, the \_\_\_\_\_\_\_\_\_\_ are the tiny balloon-like structures where gas exchanges take place.

a. Alveoli\*

b. Bronchioles

c. Trachea

d. Epiglottis

37. All of the following are signs of inadequate breathing EXCEPT:

a. Poor chest rise

b. Pale or bluish color

c. Use of accessory muscles

d. Good chest rise and fall\*

38. When caring for an unresponsive medical patient, tilting the head back improves the airway by:

a. Lifting the tongue from the back of the throat\*

b. Shifting the epiglottis from the front to back

c. Allowing fluids to flow more easily

d. Opening the mouth

39. An airway stoma is found on the:

a. Chest

b. Arm

c. Neck\*

d. Cheek

40. Noisy breathing is a sign of \_\_\_\_\_\_\_\_\_\_ airway obstruction.

a. Bilateral

b. Complete

c. Adequate

d. Partial\*

41. The appropriate rate of compressions during CPR is \_\_\_\_\_\_\_\_\_\_ per minute.

a. 80 to 100

b. No faster than 80

c. At least 100\*

d. No faster than 120

42. What is the recommended ratio of check compressions to ventilations for an adult patient in cardiac arrest?

a. 30 to 2\*

b. 15 to 2

c. 5 to 1

d. 3 to 1

43. You are caring for an adult victim of sudden cardiac arrest. To give this patient the best chance for survival, you should provide immediate:

a. CPR and no defibrillation

b. Defibrillation without CPR

c. CPR with defibrillation within 10 minutes

d. CPR with defibrillation within three minutes\*

44. Which one of the following is the best reason to provide rescue breathing to a nonbreathing patient?

a. It is an effective way to provide oxygen to the patient\*

b. It can clear a blocked airway with little effort

c. It can defibrillate the heart if done quickly enough

d. It helps to circulate blood to the brain and lungs

45. After assessing responsiveness, you must check for the presence of normal breathing. Do this by:

a. Shaking the patient

b. Looking for chest rise\*

c. Observing pupil response

d. Sweeping the mouth for obstructions

46. You are caring for an unresponsive adult patient who is not breathing but has a pulse. You should:

a. Provide finger sweeps

b. Begin chest compressions

c. Give five back blows

d. Provide rescue breaths every five to six seconds\*

47. Which one of the following represents the most appropriate hand location for chest compressions on an adult?

a. At the lower half of the sternum\*

b. At the top of the sternum

c. Over the left side of the chest

d. On the very bottom of the sternum

48. A common tool used in EMS to classify a patient’s mental status is the \_\_\_\_\_\_\_\_\_\_ scale.

a. AVPU\*

b. ABC

c. QRS

d. TUV

49. In a SAMPLE history, the E represents:

a. EKG results

b. Evaluation of the neck and spine

c. Events leading to illness or injury\*

d. Evidence of airway obstruction

50. When assessing circulation for a responsive adult patient, you should assess:

a. The carotid pulse

b. Radial pulse on both sides of the body

c. The radial pulse on one side\*

d. The distal pulse

51. The adequate flow of oxygenated blood to all cells of the body is called:

a. Circulation

b. Perfusion\*

c. Compensation

d. Systole

52. When assessing a patient’s respirations, you must determine rate, depth, and:

a. Regularity

b. Count of expirations

c. Ease\*

d. Count of inspirations

53. The five most important vital signs are pulse, respirations, blood pressure, pupils, and:

a. Oxygen saturation

b. Skin signs\*

c. Mental status

d. Capillary refill

54. The first set of vital signs obtained on any patient is referred to as the \_\_\_\_\_\_\_\_\_\_ set.

a. Historical

b. Ongoing

c. Baseline\*

d. Serial

55. What can be assessed by watching and feeling the chest and abdomen move during breathing?

a. Pulse rate

b. Blood pressure

c. Skin signs

d. Repertory rate\*

56. Characteristics of a pulse include:

a. Rate, depth, and ease

b. Rate, strength, and rhythm\*

c. Rate, depth, and strength

d. Rate, ease, and quality

57. The most appropriate location to obtain a pulse for an unresponsive adult is the \_\_\_ artery.

a. Brachial

b. Femoral

c. Carotid\*

d. Radial

58. What are the two pulse points that are referred to as central pulses?

a. Radial and tibial

b. Carotid and femoral\*

c. Femoral and brachial

d. Brachial and carotid

59. As blood pressure drops, perfusion is most likely to:

a. Increase

b. Decrease\*

c. Fluctuate

d. Remain the same

60. Skin that is bluish in color is called:

a. Pale

b. Flushed

c. Cyanotic\*

d. Jaundice

61. The term diaphoretic refers to:

a. Pupil reaction

b. Skin temperature

c. Heart rhythm

d. Skin moisture\*

62. When going from a well-lit room to a dark one, you would the expect the normal pupil to:

a. Not react

b. Dilate\*

c. Constrict

d. Fluctuate

63. Which one of the following is most accurate when describing a palpated blood pressure?

a. It provides only the diastolic pressure

b. It must be taken on a responsive patient

c. It can be obtained without a stethoscope\*

d. It can be obtained with a BP cuff

64. A respiratory rate that is less than \_\_\_\_\_\_\_\_\_\_ for an adult should be considered inadequate.

a. 4

b. 6

c. 8

d. 10\*

65. The pressure inside the arteries each time the heart contracts is referred to as the \_\_\_\_\_\_\_\_\_\_ pressure.

a. Diastolic

b. Pulse

c. Systolic\*

d. Mean

66. A \_\_\_\_\_\_\_\_\_\_ is something the Emergency Medical Responder can see or measure during the patient assessment.

a. Symptom

b. History

c. Sign\*

d. Chief complaint

67. The term trending is best defined as the:

a. Ability to spot changes in a patient’s condition over time\*

b. Name given to the last set of vital signs taken on a patient

c. Transfer of care from one level of care to another

d. The ability to improve a patient’s condition over time

68. After arriving on the scene, but before making patient contact, you should:

a. Perform a primary assessment

b. Contact medical direction

c. Perform a secondary assessment

d. Take BSI precautions\*

69. There are six components to the primary assessment, beginning with:

a. Assessing the patient’s mental status

b. Assessing the patient’s airway

c. Forming a general impression\*

d. Evaluating patient’s circulation

70. The assessment of a patient’s mental status or responsiveness includes using the \_\_\_\_\_\_\_\_\_\_ scale.

a. AVPU\*

b. ABC

c. SAMPLE

d. BP-DOC

71. When assessing circulation for a responsive adult patient, you should assess the:

a. Carotid pulse

b. Radial pulses on both sides of the body

c. The radial pulse on one side\*

d. Distal pulse

72. Blood that is returning to the heart from the lungs enters the heart at the:

a. Right atrium

b. Left atrium\*

c. Right ventricle

d. Left ventricle

73. You are caring for a patient with difficulty breathing. She states that she has a history of asthma. You understand asthma to be a disease of the:

a. Upper airway

b. Lower airway\*

c. Alveoli

d. Trachea

74. The respiratory control center located deep within the brain primarily monitors the level of \_\_\_\_\_\_\_\_\_\_ to maintain proper respiratory rate and volume.

a. Carbon dioxide\*

b. Carbon monoxide

c. Oxygen

d. Glucose

75. Which medical condition listed below causes inflammation of the bronchioles and excess mucus production within the airways? It is also characterized by a productive cough.

a. Asthma

b. Bronchitis\*

c. Emphysema

d. Hyperventilation

76. Which one of the medical conditions listed below results in the loss of elasticity of the lungs and the retention of carbon dioxide?

a. Asthma

b. Bronchitis

c. Emphysema\*

d. Hyperventilation

77. Altered metal status is best defined as a patient who:

a. Is unresponsive

b. Cannot speak properly

c. Cannot tell what day it is

d. Is not alert or responsive to surroundings\*

78. A patient who is unresponsive and having full body muscle contractions is likely experiencing:

a. Stroke

b. Seizure\*

c. Heart attack

d. Respiratory distress

79. Which one of the following is the best example of appropriate care for a seizure patient?

a. Keep him from injuring himself and place him in the recovery position following the seizure\*

b. Place him in a semi-sitting position and apply oxygen following the seizure

c. Place him in a prone position and provide oxygen by nasal cannula

d. Restrain him and assist ventilations with a bag-mask device

80. Which one of the following is NOT evaluated as part of the Cincinnati Prehospital Stroke Scale?

a. Abnormal speech

b. Equal circulation\*

c. Facial droop

d. Arm drift

81. Activated charcoal is only recommended for what type of poisoning?

a. Ingested\*

b. Inhaled

c. Topical

d. Absorbed

82. What is the most commonly abused chemical in the United States?

a. Arsenic

b. Amyl nitrate

c. Butane

d. Alcohol\*

83. A diabetic who forgets to take her insulin and continues to eat a meal will most likely become:

a. Hypoglycemic

b. Responsive

c. Hyperglycemic\*

d. Short of breath

84. In which one of the following situations is the patient losing body heat primarily by conduction?

a. A 66-year-old male is found lying on the frozen ground without a coat\*

b. A 14-year-old male is wearing wet clothing after falling out of his boat while fishing

c. A 23-year-old female is outside in cool, windy weather

d. An elderly female patient is breathing into the cool night air

85. More serious heat-related injuries should be suspected when the patient presents with;

a. Feeling lightheaded

b. Muscle cramps

c. Hot, dry, skin\*

d. Weakness

86. Your patient is a 34-year-old male who has been working outside in a hot, humid climate. He is alert and oriented, complaining of feeling weak and dizzy. His skin is cool and moist, and he has a heart rate of 104, a blood pressure of 110/70, and respirations of 16. You should:

a. Place cold packs at the groin, armpits, and neck

b. Move the patient to a cool area in the shade\*

c. Offer the patient some salt tablets

d. Wet the skin, turn the air conditioning on high, and vigorously fan the patient

87. A patient who is experiencing an abnormally low body core temperature is said to be:

a. Hyperthermic

b. Cyanotic

c. Hypothermic\*

d. Hyperglycemic

88. An injury characterized by the freezing or near freezing of a body part is known as:

a. Frostbite\*

b. Frostnip

c. Hypothermia

d. Cold bite

89. All of the following are appropriate steps in a management of a patient with a generalized cold emergency, EXCEPT:

a. Removing the patient from the cold environment

b. Protecting him from further heat loss

c. Providing warm liquids to drink\*

d. Monitoring his vital signs

90. A patient who presents with warm, moist skin; weakness; and nausea is likely experiencing:

a. Heat exhaustion\*

b. Heat stroke

c. Heat cramps

d. Mild heat stroke

91. Your patient was hiking and was bitten on the ankle by a rattlesnake. When caring for this patient, you should:

a. Keep the foot lower than the level of the patient’s heart\*

b. Elevate the foot on pillows

c. Apply a tourniquet above the bite

d. Apply ice to the area of the bite

92. Which one of the following is NOT a typical characteristic of arterial bleeding?

a. Blood spurts from the wound

b. Blood flows steadily from the wound\*

c. The color of the blood is bright red

d. Blood loss is often profuse in a short period of time

93. When attempting to control bleeding, which one of the following procedures will follow direct pressure?

a. Indirect pressure

b. Tourniquet

c. Elevation combined with direct pressure\*

d. Pressure points

94. Most cases of external bleeding can be controlled by:

a. Applying direct pressure\*

b. Using a tourniquet

c. Securing a pressure bandage

d. Applying a clotting agent

95. The material placed directly over a wound to help control bleeding is called a(n):

a. Bandage

b. Elastic bandage

c. Occlusive dressing

d. Dressing\*

96. The tearing loose or the tearing off of a large flap of skin describes which one of the following types of wound?

a. Abrasion

b. Amputation

c. Laceration

d. Avulsion\*

97. When providing care for an open injury to the cheek in which the object has entered through the skin into the mouth, you must ensure an open airway and:

a. Removed the impaled object\*

b. Turn the patient’s head to one side

c. Dress and bandage the outside of the wound

d. Place dressings in the mouth

98. When providing care for an open injury to the external ear:

a. Pack the ear canal

b. Use a cotton swab to clear the ear canal

c. Wash out the ear canal

d. Apply dressings and bandage in place\*

99. Which one of the following patients is most at risk for multisystem trauma?

a. 16-year-old who fell four feet from a ladder

b. 66-year-old female ejected from a vehicle rollover\*

c. 44-year-old male whose foot was crushed by a forklift

d. 27-year-old struck in the head by a baseball bat

100. When caring for a patient with severe burns, you must take BSI precautions and then:

a. Stop the burning process\*

b. Prevent further contamination

c. Flush only large burn areas

d. Remove jewelry