**2015 Coal First Aid Statements of Fact**

Taken from the 2015 National First Aid Contest Rules

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

a. Circulation

b. Perfusion\*

c. Compensation

d. Systole

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

a. Regularity.

b. Count of expirations.

c. Ease.\*

d. Count of inspirations.

3. 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.

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

a. Historical

b. Ongoing

c. Baseline\*

d. Serial

5. 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\*

6. 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.

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

a. Brachial

b. Femoral

c. Carotid\*

d. Radial

8. 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

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

a. Increase.

b. Decrease.\*

c. Fluctuate.

d. Remain the same.

10. Skin that is bluish in color is called:

a. Pale.

b. Flushed.

c. Cyanotic.\*

d. Jaundice

11. The term diaphoretic refers to:

a. Pupil reaction.

b. Skin temperature.

c. Heart rhythm.

d. Skin moisture.\*

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

a. Not react.

b. Dilate.\*

c. Constrict.

d. Fluctuate.

13. 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.

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

a. 4

b. 6

c. 8

d. 10\*

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

a. Diastolic

b. Pulse

c. Systolic\*

d. Mean

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

a. Symptom

b. History

c. Sign\*

d. Chief complaint

17. 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.

18. 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.\*

19. 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.

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

a. AVPU\*

b. ABC

c. SAMPLE

d. BP-DOC

21. Which one of the following statements best describes the relationship between a heart attack and sudden cardiac arrest?

a. A heart attack and sudden cardiac arrest is the same thing.

b. Sudden cardiac arrest is a leading cause of heart attack.

c. Heart attack results in tissue damage; sudden cardiac arrest does not.

d. Heart attack is a leading cause of sudden cardiac arrest.\*

22. 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.

23. 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.

24. 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.

25. 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.

26. 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

27. 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.\*

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

a. Stroke.

b. Seizure.\*

c. Heart attack.

d. Respiratory distress.

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

1. Keep him from injuring himself and place him in the recovery position following the seizure.\*
2. Place him in a semi-sitting position and apply oxygen following the seizure.
3. Place him in a prone position and provide oxygen by nasal cannula.
4. Restrain him and assist ventilations with a bag-mask device.

30. Which one of the following is NOT evaluated as part of the Cincinnati Pre-Hospital Stroke Scale?

a. Abnormal speech

b. Equal circulation\*

c. Facial droop

d. Arm drift

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

a. Ingested\*

b. Inhaled

c. Topical

d. Absorbed

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

a. Arsenic

b. Amyl nitrate

c. Butane

d. Alcohol\*

33. 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.

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

1. A 66-year-old male is found lying on the frozen ground without a coat.\*
2. A 14-year-old male is wearing wet clothing after falling out of his boat while fishing.
3. A 23-year-old female is outside in cool, windy weather.
4. An elderly female patient is breathing into the cool night air.

35. 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.

36. 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:

1. Place cold packs at the groin, armpits, and neck.
2. Move the patient to a cool area in the shade.\*
3. Offer the patient some salt tablets.
4. Wet the skin, turn the air conditioning on high, and vigorously fan the patient.

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

a. Hyperthermic

b. Cyanotic

c. Hypothermic\*

d. Hyperglycemic

38. 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.

39. 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.

40. 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.

41. 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.

42. 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.

43. 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

44. 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.

45. 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.\*

46. 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\*

47. 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.

48. 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.\*

49. 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.

50. 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.

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

a. patient care.

b. safety.\*

c. transport.

d. documentation.

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

a. Implied

b. Applied

c. Absentee

d. Expressed\*

53. The best definition of the term stressor is anything that:

a. produces wear and tear on the body's resources.\*

b. consumes the attention of the person experiencing stress.

c. puts pressure on the body.

d. causes significant behavioral changes.

54. Which one of the following statements about critical incident stress is MOST accurate?

a. It is rarely caused by a single incident.

b. It can be the result of many incidents over a long period of time.\*

c. It affects all people the same way.

d. It can always be avoided with proper preparation.

55. The \_\_\_\_\_ separates the thoracic cavity from the abdominal cavity.

a. pelvic wall

b. midline

c. diaphragm\*

d. stomach

56. The \_\_\_\_\_ cavity contains the liver and part of the large intestine.

a. Pelvic

b. abdominal\*

c. thoracic

d. cranial

57. Proper body mechanics is best defined as:

a. properly using your body to facilitate a lift or move.\*

b. using a minimum of three people for any lift.

c. contracting the body's muscles to lift and move things.

d. lifting with your back and not your legs.

58. The load on your back is minimized if you can keep the weight you are carrying:

a. as close to your body as possible.\*

b. at least six inches in front of you.

c. at least 18 inches in front of you.

d. as low as possible.

59. The word communicate is best defined as:

a. expressing oneself to another.

b. talking to another person verbally.

c. an interchange of ideas or information.\*

d. understanding what another person is saying.

60. The words and sounds that make up a language is a description of which type of communication?

a. Verbal\*

b. Nonverbal

c. Written

d. Visual

61. Which one of the following improves ventilations delivered by way of a bag-mask device?

a. Inserting an oropharyngeal airway\*

b. Applying suction for four to six minutes

c. Alternating chest thrusts and squeezing the bag

d. Combining finger sweeps with a mouth-to-mouth technique

62. You have just made two attempts to ventilate an unresponsive child with an airway obstruction. Your next step is to:

a. begin chest compressions.\*

b. continue to ventilate.

c. perform five chest thrusts.

d. provide back slaps.

63. Which one of the following best describes the oxygen consumption of a normally functioning human being?

1. The body requires a constant supply of oxygen at 79%.
2. The human body needs a minimum of 10% oxygen to survive.
3. The body exhales an average of 21% carbon dioxide with each breath.
4. The average exhalation contains an oxygen concentration of between 10% and 16%.\*

64. The pressure gauge of a full oxygen cylinder will display approximately \_\_\_\_\_ psi.

a. 500

b. 1,000

c. 1,500

d. 2,000\*

65. One of the most common consequences of overinflating a patient during rescue breaths is:

a. a ruptured lung.

b. inadequate chest rise.

c. gastric distention.\*

d. A weak mask seal.

66. You are caring for an adult patient who was found unresponsive. You observe only gasping respirations. What is the most appropriate next step?

a. Open the airway and give a breath.

b. Call 911 and get an AED.\*

c. Begin chest compressions.

d. Attach the AED.

67. For most patients, an Emergency Medical Responder's assessment begins with performing a scene size-up followed by:

a. a secondary assessment.

b. a primary assessment.\*

c. obtaining vital signs.

d. determining the nature of illness.

68. 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.

69. The myocardium receives its blood supply from:

a. coronary arteries.\*

b. myocardial arteries.

c. the conduction pathway.

d. the aorta.

70. You have arrived on the scene of an unresponsive female who is pulseless and apneic. You should:

a. begin CPR.\*

b. administer oxygen.

c. obtain a set of vital signs.

d. place her in the recovery position.

71. Your patient has been in respiratory distress for approximately 30 minutes. Your assessment reveals pale skin and cyanosis of the nail beds. These are signs of:

a. respiratory failure.

b. asthma.

c. hypoxia.\*

d. respiratory arrest.

72. You are caring for a patient complaining of shortness of breath. Her respiratory rate is 24 with good tidal volume. Following the primary assessment, you should:

a. provide supplemental oxygen.\*

b. take a set of vital signs.

c. perform a rapid secondary assessment.

d. place her in the recovery position.

73. One of the best techniques for dealing with a patient experiencing a behavioral emergency is to:

a. not let the patient know what you are doing.

b. not believe a thing the patient says.

c. speak in a calm and reassuring voice.\*

d. acknowledge the "voices" he is hearing.

74. Your patient is presenting with an altered mental status and a history of diabetes. He states that he took his normal dose of insulin this morning but has not had anything to eat. His most likely problem is:

a. hyperglycemia.

b. anaphylaxis.

c. hypoglycemia.\*

d. a stroke.

75. Once a seizure has ended, the patient is said to be in the \_\_\_\_\_ state.

a. REM

b. postictal\*

c. syncopal

d. recovery

76. You are caring for a person who fell from a rope swing, landed in the water, and is now unresponsive. She has a large laceration on the top of her head. You should:

a. suspect spine injury.\*

b. begin CPR in the water.

c. drag her by one arm to shore.

d. wait for EMS before beginning care.

77. You are caring for a patient with a severe soft-tissue injury to the lower leg. You have exposed the wound. What should you do next?

a. Apply direct pressure.\*

b. Remove debris from the wound.

c. Care for shock.

d. Elevate the extremity.

78. All of the following are signs or symptoms of internal bleeding EXCEPT:

a. increased pulse rate

b. decreasing blood pressure

c. decreasing pulse rate.\*

d. pale skin color.

79. Your patient has a large open wound to his neck. You have controlled bleeding with direct pressure, so you should then:

a. pack the inside of the wound with clean dressings.

b. pour sterile saline over the wound.

c. cover the wound with a dry, clean dressing.

d. cover the wound with an occlusive dressing.\*

80. All of the following are signs of shock EXCEPT:

a. increased pulse rate.

b. decreasing blood pressure.

c. pink, warm, moist skin.\*

d. altered mental status.

81. When the body suffers a significant loss of blood, which type of shock is most likely to occur?

a. Anaphylactic

b. Cardiogenic

c. Hemorrhagic\*

d. Septic

82. Which one of the following is NOT one of the primary causes of shock?

a. Dilated blood vessels

b. Restricted movement\*

c. Severe fluid loss

d. Low levels of oxygen in the blood

83. Which one of the following would NOT be considered appropriate when caring for a suspected fracture?

a. Cut away clothing to expose the injury site.

b. "Pop" possible dislocations back into place.\*

c. Assess circulation, sensation, and motor function.

d. Immobilize the joint above and below the injury site.

84. The process of immobilizing an injury using a device such as a piece of wood, cardboard, or folded blanket is called:

a. immobilization.

b. traction.

c. splinting.\*

d. manual stabilization.

85. When properly applied, a sling and swathe will adequately immobilize a:

a. wrist.

b. forearm.

c. shoulder.\*

d. knee.

86. What is the most important initial step that you can take when caring for a person with a suspected spine injury?

a. Assess the patient for circulation, sensation, and movement.

b. Determine mechanism of injury

c. Transport the patient to nearest trauma center.

d. Manually stabilize patient’s head and neck.\*

87. Combative behavior, abnormal breathing patterns, and repetitive questions are all signs of a(n):

a. cervical-spine injury.

b. unresponsive person.

c. peripheral nervous system trauma.

d. Injury to the head.\*

88. What are the two main components of the central nervous system?

a. Peripheral and central nerves

b. Discs and vertebrae

c. Brain and spine\*

d. Spine and nerves

89. You are caring for a patient who was struck in the lateral chest by a blunt object. You palpate a flail segment on the right lateral chest area. This type of injury is most likely to affect the:

a. patient's ability to breathe normally.\*

b. heart and lungs.

c. patient's pulse rate.

d. patient's ability to cough.

90. In the case of an open chest wound, place an occlusive dressing over the open wound and then:

a. cover it loosely with a cloth bandage.

b. tape it on three or four sides.\*

c. hold it in place with a gloved hand.

d. pack the opening with clean gauze.

91. The purpose of placing an occlusive dressing over an open chest wound is to:

a. control the bleeding.

b. keep chest contents from spilling out.

c. keep air from entering the chest cavity.\*

d. make it easier for the patient to breathe.

92. The loss of mobility is a common complaint among the elderly and can lead to other problems, such as:

a. skeletal fractures.

b. hearing loss.

c. depression.\*

d. nearsightedness.

93. The inability to retain urine or feces is called:

a. dementia.

b. aphasia.

c. priapism.

d. incontinence.\*

94. Age-related changes in the musculoskeletal system can lead to changes in posture, range of motion, and:

a. awareness.

b. medication usage.\*

c. mental status.

d. balance.

95. The best way to approach a hazardous scene is to:

a. do only what you feel comfortable doing.

b. wear protective gear only if needed.

c. Make safety your first consideration before entering.\*

d. Get as close as possible to assess the scene.

96. Which one of the following best defines both simple access and complex access?

1. Neither simple access nor complex access requires specialized tools.
2. Simple and complex access both require special equipment.
3. Simple access sometimes requires special equipment; complex access often does.
4. Simple access does not require equipment, though complex access does.\*

97. If you find yourself needing to exit a smoke-filled environment, you should:

a. stay close to the floor and crawl to safety.\*

b. run out of the building.

c. stop, drop, and roll.

d. not exit until you find the patient.

98. A multiple-casualty incident (MCI) involves \_\_\_\_\_ victims.

a. more than one\*

b. more than two

c. fewer than 10

d. fewer than 100

99. The triage system was developed to assist in determining those victims needing:

a. standard care.

b. immediate transport.

c. immediate care.\*

d. long-term care.

100. Triage is a process of sorting patients into categories and prioritizing their medical care and transport based on:

a. number of injuries and medical conditions.

b. age, weight, and height of the patient.

c. proximity to the mechanism of injury.

d. severity of injuries and medical conditions.\*