

# 2015 NEW IBERIA MINE RESCUE CONTEST

## FIRST AID WRITTEN EXAM

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Team Name: \_\_\_\_\_

1. Participation in a critical incident stress debriefing (CISD) is mandatory.
  - a. TRUE
  - b. FALSE
  
2. The use of accessory muscles in the chest, abdomen and around the neck is a sign of abnormal breathing.
  - a. TRUE
  - b. FALSE
  
3. You are caring for a patient who experienced a penetrating wound to the upper left chest wall. Which of the following is a late sign indicating this patient is developing a tension pneumothorax?
  - a. increase work of breathing
  - b. paradoxical movement
  - c. tracheal deviation
  - d. dilation of pupils
  
4. How often should seriously ill or injured patients be reassessed:
  - a. every 8-10 minutes
  - b. every 3-5 minutes
  - c. only when they present with changes
  - d. every 15 minutes
  
5. You have a unresponsive 34 year old male patient that has an impaled object through the left cheek wall interfering with the patient's airway. You should:
  - a. place patient on oxygen via non-rebreather mask
  - b. stabilize impaled object and do not place patient on oxygen
  - c. stabilize impaled object and place patient on oxygen via non-rebreather mask
  - d. remove impaled object
  
6. You are caring for a 56 year old unresponsive male patient. Patient has a carotid pulse but is apneic. You should provide rescue breaths every 8-10 seconds.
  - a. TRUE
  - b. FALSE

7. 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
  
8. A patient that is prone refers to:
  - a. high risk of cardiovascular disease
  - b. frontal body part
  - c. insufficient pH levels
  - d. lying face down
  
9. In SAMPLE history, the S represents:
  - a. severity
  - b. signs
  - c. symptoms
  - d. both b and c
  
10. A multiple-casualty incident (MCI) is any emergency with more than \_\_\_\_\_ victim(s).
  - a. 1
  - b. 5
  - c. 20
  - d. 100
  
11. Which one of the following improves ventilations delivered by way of bag-mask device?
  - a. suctioning patient for a minimum of 4 minutes prior to delivering ventilations
  - b. squeezing the BVM with two hands
  - c. inserting an oropharyngeal airway
  - d. providing a blind finger sweep every 30 seconds
  
12. The following occurs when one or more of the coronary arteries are unable to provide an adequate supply of oxygenated blood to the heart muscle and causes pain but no damage to the heart muscle.
  - a. congestive heart failure
  - b. myocardial infarction
  - c. pulmonary embolism
  - d. angina pectoris
  
13. A respiratory rate less than \_\_\_\_\_ or greater than \_\_\_\_\_ should be considered serious.
  - a. 10 , 20
  - b. 8 , 20
  - c. 10 , 28
  - d. 8 , 28

14. You are caring for a 60 year old male patient with a fruity odor on his breath. You discover he is a diabetic and has not taken his insulin in 4 days. You suspect he has become:
  - a. hyperglycemic
  - b. hypoglycemic
  - c. delusional
  - d. intoxicated
  
15. The tripod position refers to a person in respiratory distress sitting forward with hands on their knees.
  - a. TRUE
  - b. FALSE
  
16. The \_\_\_\_\_ cavity is also known as the thoracic cavity.
  - a. cranial
  - b. abdominal
  - c. pelvic
  - d. chest
  
17. You are caring for a patient with a suspected open skull injury. When attempting to control bleeding, you should:
  - a. apply firm pressure with one gloved hand and bandage
  - b. keep patient in a head-down position while holding pressure
  - c. apply gentle pressure with gloved hand and bandage
  - d. tightly wrap a pressure bandage around the skull
  
18. A severe allergic reaction in which a person goes into shock is:
  - a. hypoallergenic shock
  - b. hypovolemic shock
  - c. compensated shock
  - d. anaphylactic shock
  
19. What is the appropriate liters per minute (LPM) to use when utilizing a bag-mask device?
  - a. 15 LPM
  - b. 5 LPM
  - c. 8 LPM
  - d. 2 LPM
  
20. You are caring for a patient that was ejected out of a forklift. He is not breathing and you try to open his airway with the jaw-thrust maneuver but are not successful. What should you do next?
  - a. maintain c-spine stabilization until EMS arrives
  - b. attempt the head-tilt/chin-lift maneuver
  - c. attempt to ventilate the patient
  - d. start CPR

21. You are caring for a 35 year old male patient that has been impaled by a 2 foot metal rebar in his left upper thigh. You should:
- tie both legs together
  - remove the rebar and bandage wound
  - stabilize the object with bulky dressings
  - cut both ends of the bar to make it shorter
22. The position in which a patient with no suspected spine injuries may be placed, usually on the left side is called:
- recovery position
  - Fowler's position
  - semi-Fowler's position
  - Trendelenburg position
23. Your patient is experiencing chest pain and shortness of breath and has a history of angina. She took one nitroglycerin tablet 15 minutes ago. Vital signs are respirations 22, pulse 110, and blood pressure 150/90. You should:
- do nothing until EMS arrives
  - apply the AED
  - have the patient rest until pain subsides
  - assist the patient in taking another dose of nitroglycerin
24. Why does the heart rate increase and blood vessels constrict in the early stages of shock?
- to counteract high blood pressure
  - to maintain adequate perfusion
  - to create more blood to compensate for fluid loss
  - to force oxygenated blood out of the thoracic cavity
25. After two minutes of CPR the AED says analyzing heart rhythm do not touch patient, shock is advised. Once you administer the shock, what is the very next step?
- open airway using a head-tilt/chin-lift if no trauma is suspected
  - immediately begin chest compressions
  - ventilate the patient
  - none of the above
26. Signs and symptoms of shock include all of the following except:
- increased pulse rate
  - pale, cool, moist skin
  - changes in mental status
  - extreme hunger

27. What is the most appropriate place to obtain a pulse on an unresponsive person?
- a. radial
  - b. carotid
  - c. carotid
  - d. femoral
28. COPD stands for:
- a. chronic obstructive pulmonary disease
  - b. chronic obstructive pulmonary disorder
  - c. chronic oppressive physical disease
  - d. chronic obstructive physical disorder
29. A triangular bandage used to stabilize an upper extremity is called a:
- a. cravat
  - b. sling
  - c. bandage
  - d. dressing
30. Appropriate treatment for an abdominal evisceration includes all of the following except:
- a. expose wound
  - b. apply large dry sterile dressing
  - c. apply large moist sterile dressing
  - d. cover dressing with plastic