

2017 SOUTHERN REGIONAL MINE RESCUE CONTEST

FIRST AID WRITTEN EXAM

Name: _____ Date: _____

Team Name: _____

1. All of the following are common signs and symptoms of stress EXCEPT:
 - a. irritability
 - b. difficulty sleeping
 - c. increased appetite
 - d. difficulty concentrating

2. The _____ is found in the upper left quadrant of the abdomen.
 - a. appendix
 - b. stomach
 - c. kidney
 - d. liver

3. What type of move is used when there is no immediate threat to the patient's life?
 - a. Emergent
 - b. Standard
 - c. Rapid
 - d. Nonrapid

4. 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.

5. The _____ prevents food and other material from entering the trachea.
 - a. tongue
 - b. alveoli
 - c. pharynx
 - d. epiglottis

6. Which one of the following best describes the oxygen consumption of a normally functioning human being?
 - a. The body requires a constant supply of oxygen at 79%.
 - b. The body needs a minimum of 10% oxygen to survive.
 - c. The body exhales an average of 21% carbon dioxide with each breath.
 - d. Each breath we exhale contains approximately 16% oxygen.

7. You are caring for a victim of a motor-vehicle crash and have placed her on a nonrebreather mask. Which one of the following best describes how you know the liter flow to the patient?
 - a. The patient is able to speak in complete sentences.
 - b. The reservoir bag completely deflates with each breath.
 - c. You see no movement of the reservoir bag with each breath.
 - d. The reservoir bag refills completely between breaths.

8. 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.

9. 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 without defibrillation
 - b. defibrillation without CPR
 - c. CPR with defibrillation within 10 minutes
 - d. CPR with defibrillation within three minutes.

10. When assessing circulation for a responsive adult patient, you should assess this:
 - a. carotid pulse.
 - b. radial pulses on both sides of the body.
 - c. radial pulse on one side
 - d. distal pulse

11. 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 without a BP cuff.

12. After arriving on 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.

13. A patient who presents with normal vital signs and shows no indications of a life-threatening problem may be described as:
 - a. routine.
 - b. normal.
 - c. unstable.
 - d. stable.

14. Blood that is returning to the heart from the lungs enters the heart at the:
- right atrium.
 - left atrium.
 - right ventricle.
 - left ventricle.
15. The myocardium receives its blood supply from:
- coronary arteries.
 - myocardial arteries.
 - the conduction pathway.
 - the aorta.
16. The respiratory control center located deep within the brain primarily monitors the level of _____ to maintain proper respiratory rate and volume.
- carbon dioxide
 - carbon monoxide
 - oxygen
 - glucose
17. Which one of the medical conditions listed below results in the loss of elasticity of the lungs and the retention of carbon dioxide?
- Asthma
 - Bronchitis
 - Emphysema
 - Hyperventilation
18. Once a seizure has ended, the patient is said to be in the _____ state.
- REM
 - postictal
 - syncopal
 - recovery
19. A diabetic who forgets to take her insulin and continues to eat a meal will most likely become:
- hypoglycemic.
 - responsive.
 - hyperglycemic.
 - short of breath.
20. A patient who presents with warm, moist skin; weakness; and nausea is likely experiencing.
- heat exhaustion.
 - heat stroke.
 - heat cramps.
 - mild heat stroke.

21. You are caring for a young woman who was playing outdoors when she began having difficulty breathing. She states that she felt a sharp sting on the back of her neck and now is dizzy and is having trouble swallowing. She is the most likely experiencing:
- an anaphylactic reaction.
 - a mild allergic reaction.
 - an acute asthma attack.
 - extreme hay fever.
22. When attempting to control bleeding, which one of the following procedures will follow direct pressure?
- Indirect pressure
 - Tourniquet
 - Pressure bandage
 - Pressure points
23. All of the following are signs or symptoms of internal bleeding EXCEPT:
- increased pulse rate
 - decreasing blood pressure
 - decreasing pulse rate
 - pale skin color
24. Burns most often result in _____ shock.
- hypovolemic
 - septic
 - cardiogenic
 - neurogenic
25. You are caring for a patient who was thrown from a horse and landed on her head. She is complaining of severe pain to the posterior neck. This patient is at risk for _____ shock.
- psychogenic
 - hemorrhagic
 - compensated
 - neurogenic
26. You are caring for an angulated injury to the lower leg and you find severe bleeding from the wound, you should:
- place the patient on oxygen.
 - use direct pressure to control the bleeding.
 - attempt to straighten the leg.
 - Check distal CSM before anything else.

27. All of the following are functions of the musculoskeletal system EXCEPT:
- hormone production.
 - support.
 - protection.
 - cell production.
28. What is the most important initial step you can take when caring for a patient with a suspected spine injury?
- Assess for circulation, sensation, and movement.
 - Determine the mechanism of the injury.
 - Transport the patient to the nearest trauma center.
 - Manually stabilize the patient's head and neck.
29. What are the two main components of the central nervous system?
- Peripheral and central nerves
 - Disc and vertebrae
 - Brain and spinal cord
 - Spine and nerves
30. A 29-year old male has been stabbed once in the upper back. How would you describe this injury when completing your documentation?
- Evisceration
 - Closed chest injury
 - Open chest injury
 - Flail chest