Chapter 20

Caring for Head and Spine Injuries

1. In which part of the spine can injuries impair breathing?
p. 449

A.) Lumbar
B.) Sacral
C.) Thoracic
*D.) Cervical

2. What is the first thing you should check when assessing the patient with a suspected spine injury?
p. 451

A.) Assess motor function of the feet
B.) Palpate the spine
C.) Assess sensation of both feet
*D.) Palpate the neck

3. Which of the following should NOT be done if you suspect spine injuries until you have assistance?
p. 454

A.) Perform CPR
B.) Ensure an open airway
C.) Control serious bleeding
*D.) Splint long bone injuries

4. Where should rescuer two kneel to unfasten the helmet?
p. 459

*A.) Shoulders
B.) Head
C.) Feet
D.) Hips

5. Who is responsible for checking the airway and apply the collar when removing a helmet?
p. 460

*A.) Rescuer two
B.) EMT
C.) Rescuer one
D.) Both rescuer one and two

6. Where can padding be placed to prevent hyperflexion when placing a patient on a spine board when he is wearing a helmet?
p. 458

A.) Under head
B.) Under neck
*C.) Under shoulders
D.) Under middle back

7. Approximately how many vertebrae are in the spinal cord?
p. 445

*A.) 33
B.) 19
C.) 37
D.) 26

8. What position should a patient wearing a helmet be placed into?
p. 457

A.) Left side
B.) Prone
C.) Right side
*D.) Supine

9. Which type of helmet is a bicycle helmet?
p. 456

A.) Three-quarter size
B.) One-third size
C.) Full-size
*D.) Half-size

10. What can be used to preserve an avulsed tooth if clean water is not available?
p. 449

A.) Saline solution
*B.) Milk
C.) Alcohol
D.) Orange juice

11. For which of the following should you treat for if you find a patient who appears intoxicated?
p. 453

A.) Cardiac event
B.) Alcohol poisoning
*C.) Spine
D.) Diabetes

12. When should you use one hand to provide manual stabilization of the head?
p. 453

A.) When at the patient's feet
B.) When above the patient's head
C.) When straddling the patient
*D.) When at the patient's side

13. Which is the only movable joint in the head?
p. 444

A.) Orbit
B.) Nasal bone
*C.) Mandible
D.) Maxilla

14. In what position should you keep the head injury patient?
p. 449

A.) Recovery
B.) Sitting
C.) Prone
*D.) Flat

15. What other location of injury should you suspect when a patient has suffered a head injury?
p. 448

A.) Abdomen
B.) Shoulder
C.) Extremities
*D.) Neck vertebrae

16. Which part of the face should be supported by the cervical collar?
p. 455

*A.) Chin
B.) Ears
C.) Forehead
D.) Nose

17. In which type of injury will the breathing be normal, but the patient cannot move, feel or raise their legs?
p. 452

A.) Neck
*B.) Lower spinal cord
C.) Somewhere below the neck
D.) No serious injury

18. Which statement about helmets is NOT correct?
p. 456

A.) If the helmet has a face shield, remove it to access the airway
*B.) The shoulder pads should always be left in place when the helmet is removed
C.) A helmet must be removed carefully by two rescuers
D.) The helmet should be removed immediately if there are issues with the ABCs

19. Which type of injury would result from a fall down stairs?
p. 446

A.) Flexion-rotation
B.) Compression
*C.) Flexion
D.) Distraction

20. How many rescuers must be used to remove a helmet?
p. 457

*A.) Two
B.) One
C.) Three
D.) Four

21. In which instance would you need to remove the helmet?
p. 457-458

A.) Patient can be placed in a neutral, in-line position for placement on a spine board
*B.) Patient is able to move his head side to side in the helmet
C.) Helmet does not interfere with your ability to reassess and maintain airway
D.) Patient is breathing adequately and has no airway problems

22. What may you see leaking from the nose and ears if the cranial vault has been fractured?
p. 447

A.) Plasma
B.) Brain matter
*C.) Cerebrospinal fluid
D.) Intercostal tissue

23. What are injuries to the face commonly caused by?
p. 447

A.) Penetrating injuries
B.) Twisting injuries
C.) Blast trauma
*D.) Blunt trauma

24. Which of the following should you NOT do during your assessment if you suspect an injury to the spine?
p. 450

A.) Check to see if the patient can squeeze your hand
B.) Look and feel gently for deformities
C.) Check if the patient can feel you touch his hands
*D.) Check for patient movement

25. Which of the following will the patient be able to use/feel if the injury is below the neck?
p. 449

A.) Feet
*B.) Arms
C.) Upper legs
D.) Lower legs

26. Which type of injury has occurred when the cranium and overlying soft tissue are broken, exposing the brain and other soft tissues inside the skull?
p. 447

A.) Contusion
B.) Concussion
C.) Closed
*D.) Open

27. Which is one of the best immediate indicators of the extent of injury to the head?
p. 448

A.) Nausea and vomiting
*B.) Mental status
C.) Bleeding of the scalp
D.) Abnormal breathing patterns

28. Where should rescuer one grasp the helmet to provide manual stabilization?
p. 459

*A.) On each side
B.) On one side
C.) On the bottom only
D.) On the top only

29. Where should the cervical collar come to on the ears when fitted properly?
p. 456

*A.) Close to the earlobes
B.) Covering the ear canal
C.) About two fingers' widths below
D.) Top of the ears

30. What should you never do when checking the unresponsive patient for a spinal injury?
p. 450

A.) Ask bystanders what they witnessed
B.) Look and feel for deformities
C.) Pinch or apply pressure to the hands and feet
*D.) Probe palms and soles with a sharp object

31. Which type of injury would you expect to see in a hanging suicide attempt?
p. 446

*A.) Distraction
B.) Hyperextension
C.) Penetration
D.) Flexion-rotation

32. What is a sign of significant head injury?
p. 450

A.) Crying
B.) Drooling
C.) Guarding
*D.) Posturing

33. Where should you be located when manually stabilizing the head and neck of a seated patient?
p. 454

A.) Directly in front of the patient
B.) To the left of the patient
*C.) Directly behind the patient
D.) To the right of the patient