FIRST AID (Jeopardy Style)

Category No. 1 – BONES DEM BONES or FRACTURES AND DISLOCATIONS

1. Your patient has a deformity to the midshaft of the forearm. He most likely has suffered an injury to which of the following bones?
2. Femur
3. Patella
4. Fibula
5. Radius
6. The best position to place a patient who has no spinal injury and is breathing is:
7. Recovery
8. Fowlers
9. Supine
10. Prone
11. Once a cervical collar is in place on a patient with a suspected spine injury you should:
    1. Conduct and head to toe examination
    2. Maintain manual stabilization of the head
    3. Prepare the spine board to immobilize the patient
    4. Assess the airway, breathing and circulation
12. When splinting an injury to the extremity you should:
13. Check distal circulation, sensation and motor function before splinting
14. Check distal circulation, sensation and motor function after splinting
15. Firmly secure the splint, leaving fingertips or toes exposed
16. All of the above
17. A patient has a painful and deformed ankle injury. You should:
    * + 1. straighten the foot and apply a pillow splint.
        2. tie his ankles together.
        3. Immobilize his foot in the position in which it was found, using a pillow splint.
        4. Elevate the entire lower extremity.
18. Splinting helps minimize the complications associated with extremity injuries. Which of the following is not one of those complications?
    * + - 1. Pain
          2. Bleeding
          3. Motor sensory impairment
          4. Closed injuries become open injuries
19. In the order of care for skeletal injuries, first priority is given to possible injury to the spine. Next is care for possible injuries to the:
20. Pelvis
21. Skull
22. Rib cage
23. Thigh
24. Which of the following statements are true when immobilizing a pelvic injury?
25. Apply a rigid splint
26. Prepare two cravats and slide them under the space behind the knees
27. Place a folded blanket, large towel or other thick padding material between the patient’s legs from groin to feet.
28. Starting at the hips, tie one cravat just below the hips to stabilize the pelvis

Category No. 2 – INHALE PLEASE or BREATHING

1. The Alveolar Sacs are located in which body system?  
   1. Circulatory System
   2. Respiratory System
   3. Digestive System
   4. Nervous System
2. The trachea is:  
   1. Formed by tubes that branch from the throat and take air to the lungs
   2. An air passage to the lungs
   3. A leaf-shaped structure that covers the larynx
   4. A food passage with carries food and fluid to the stomach
3. Signs of a partial airway obstruction are all of the following EXCEPT:  
   1. Snoring
   2. Coughing with blue, gray or ashen skin
   3. Wheezing
   4. No sounds when attempting to speak
4. The pocket mask device without an oxygen source will deliver what percentage of oxygen to the patient?  
   1. 21 percent
   2. 35 percent
   3. 15 percent
   4. 100 percent
5. Which range of respiratory rates indicates adequate breathing in an adult?
6. 8-12 times a minute
7. 12-20 times a minute
8. 15-30 times a minute
9. 25-50 times a minute
10. You are attempting to ventilate a patient with a pocket mask device. The patient’s chest does not rise. You should:
11. Increase the oxygen flow from 10 lpm to 15 lpm
12. Deliver very quick forceful ventilations
13. Re-evaluate the head position and the mask seal
14. Begin chest compressions and continue ventilation
15. All of the following are indications that you are ventilating your patient adequately **except:**
    1. the chest rises and falls with each ventilation
    2. the heart rate slows from 130 bpm to 80 bpm in an adult patient
    3. the movement of the abdomen increases with each ventilation
    4. the skin color begins to return to normal
16. Oropharyngeal airways should only be used on:
    * 1. semi-conscious patients
      2. unresponsive patients with no gag reflex
      3. Patients with dentures
      4. Infants with an obstructed airway
17. We breathe to bring in oxygen, remove carbon dioxide, and help regulate the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of our blood, a process called respiration.
    1. Blood pressure
    2. Temperature range
    3. Oxygenation
    4. pH level
18. Without oxygen, lethal changes take place in the brain cells within \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ minutes. Brain death may start with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ minutes.
    1. 4 to 5; 10
    2. 4 to 6; 10
    3. 5 to 7; 10
    4. 4 to 6; 12

Category No. 3 – ON THE MOVE or TRANSPORTATION

1. An emergency move should be considered in the following situations:  
   1. Impending structural collapse
   2. Inability to properly manage uncontrolled bleeding
   3. Both a & b
   4. Neither a nor b
2. Which of the following is a requirement for a non-emergency move?
   * 1. The scene must be hazardous.
     2. The patient has a seriously bleeding back wound.
     3. You must reach another patient who is not breathing.
     4. The patient must be responsive.
3. The most commonly used device for moving a patient, which is kept in the back of the ambulance, is the \_\_\_\_\_\_\_\_\_\_\_\_\_stretcher:
   1. scoop
   2. wheeled
   3. flexible
   4. basket (Stokes)
4. Which is not a recommended emergency move?
   1. Clothes drag
   2. Foot drag
   3. Belt drag
   4. Blanket drag
5. Your patient, who is alert and oriented and has no critical injury, is on the second floor of his house in the back bedroom. The best possible method to move the patient down the steps to the ground floor is by:
6. Securing the patient in a seated position in a stair chair
7. Using the stretcher with the carriage in the up position
8. Securing the patient to a long back board with immobilization straps
9. Carrying the patient using a two person extremity lift
10. The preferred method to move a responsive, non-injured patient down steps is by the use of a:
    1. long-spine board
    2. ambulance stretcher
    3. stair chair
    4. vest-type immobilization device
11. It is also important to know when a patient may be moved. There are many factors to consider, including \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
    1. The patient’s rights; distance from advanced care
    2. Scene safety; patient’s condition
    3. The patient’s condition; distance from advanced care
    4. The patient’s rights; patient’s condition

Category No. 4 – HEART & VESSELS

1. The 2005 American Heart Association Guidelines for CPR say that in adult CPR; the compression to ventilation ratio is:
   1. 5 compressions to 1 ventilation
   2. 15 compressions to 2 ventilations
   3. 30 compressions to 1 ventilation
   4. 30 compressions to 2 ventilations
2. How do you know you are performing effective CPR?  
   1. The patient may try to swallow, gasp or move his limbs
   2. You see the chest rise and fall during ventilations
   3. Sometimes skin color improves
   4. All of the above
3. The heart is located in the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ cavity.
   1. Thoracic
   2. cranial
   3. spinal
   4. abdominal
4. The carotid pulse can be felt on the patient’s:
5. neck
6. wrist
7. foot
8. temple
9. The typical adult has about 12 pints of blood.
   1. True
   2. False
10. Bright red blood spurting from a wound indicates \_\_\_\_\_\_\_\_\_bleeding.
11. venous
12. capillary
13. arterial
14. venule
15. Adequate blood flow to all cells of the body is called perfusion.
    * 1. True
      2. False
16. When taking a patient’s pulse, you must assess for three characteristics. Which one does not apply?
    * + - 1. Rate
          2. Duration
          3. Strength
          4. Rhythm

Category No. 5 – OPEN WOUNDS

1. Your patient is bleeding from a laceration to the forearm. The artery or pressure point that should be used to control bleeding is the:  
   1. Ulna artery
   2. Radial artery
   3. Femoral artery
   4. Brachial artery
2. If bleeding from the lower leg is not controlled with direct pressure and no fracture is suspected, you should also:  
   1. Utilize a pressure point
   2. Elevate the extremity
   3. Use a tourniquet
   4. Rapidly apply an air splint
3. An avulsion is a soft-tissue injury in which flaps of skin are torn loose or torn off.
4. True
5. False
6. The quickest, most effective way to control most forms of external bleeding is:
7. Pressure point
8. Direct pressure
9. Tourniquet
10. Elevation
11. Which rule does not apply when dressing wounds?
12. Cover the entire wound
13. Always remove blood-soaked dressings and replace with clean, sterile ones as necessary
14. Control bleeding
15. Use sterile or clean materials
16. When it comes to bandaging, which rule does not apply?
17. Do not cover fingers and toes unless they are injured
18. Do not leave loose ends
19. Bandage from the top of the limb to the bottom (proximal to distal)
20. Do not bandage too loosely

7. Which of the following impaled object may be removed in the prehospital setting?

1. Screwdriver imbedded in the chest
2. Pitchfork impaled through the foot
3. Knife imbedded in the upper leg
4. None of the above
5. You arrive on scene to find a patient who fell from a large haul truck. His pants are soaked with blood. You expose the injured area and find a large laceration with a steady flow of blood. You should:
6. Press your gloved hand firmly over the wound
7. Apply a tourniquet directly below the wound
8. Place a pressure dressing over the wound site
9. Apply digital pressure to the nearest proximal pressure point
10. Which type of dressing should be used to treat an open chest wound?
11. Water soaked gauze
12. Plastic wrap or occlusive
13. 4 X 4 sterile dressing
14. Large abdominal pad

Category No. 6 – IT’S TOO HOT

1. A burn that involves all the layers of the skin is commonly referred to as a \_\_\_\_\_\_\_\_\_\_\_\_ burn.
   * 1. superficial
     2. partial-thickness
     3. full-thickness
     4. thermal
2. Which method of emergency care should be administered to a victim of heat exhaustion?
3. Avoid giving all forms of liquids
4. Treat the victim in the position found
5. Move patient to a cool place and watch for shivering
6. Avoid any effort to manually massage muscle cramps
7. Which is not a sign or symptom of heat stroke.
   1. Full and rapid pulse
   2. Hot, dry skin
   3. Moist, pale skin
   4. Altered mental status

Category No. 7 – IT’S ELECTRIC

1. When treating victims of electrical shock, your first priority is to:
   * + - 1. Check for breathing
         2. Check for a pulse
         3. Avoid placing yourself in danger
         4. Call for help

Category No. 8 – I’M SHOCKED

1. Basically, shock is the failure of the body’s circulatory system to provide enough oxygenated blood and nutrients to all vital organs.

True

False

1. Anaphylactic shock occurs when people come into contact with a substance to which they are allergic.

True

False

3. The term “hypovolemic shock” includes all shock caused by fluid loss. (Bleeding, burns, vomiting, etc.)

True

False

1. A patient is suffering an anaphylactic reaction from a yellow jacket bite. The route that the venom entered the body was by absorption:
2. True
3. False
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ shock is allergy shock, a life-threatening reaction of the body caused by something to which the patient is extremely allergic.
   1. Cardiogenic
   2. Neurogenic
   3. Anaphylactic
   4. Psychogenic
5. When in doubt about a patient being hyperglycemic or hypoglycemic:
6. sugar may be fatal
7. confirm that the patient is diabetic before giving sugar
8. reduce the need for sugar by limiting the patients movement
9. remember, “sugar for everyone”

Category No. 9 – HODGEPODGE

1. Psychogenic, neurogenic, and cardiogenic are all types of:
   1. Altered mental states
   2. Shock
   3. Injury mechanisms
   4. Response parameters
2. The body system that protects, supports, and permits movement is the:
3. Respiratory system
4. Circulatory system
5. Musculoskeletal system
6. Nervous system
7. The term proximal means:
8. Closer to the leg
9. Away from the heart
10. Closer to the torso
11. Away from the head

4. The \_\_\_\_\_\_\_\_\_\_\_ protects the body from heat, cold, and pollution of the environment; bacteria; and other foreign organisms.

1. Endocrine system
2. Immune system
3. Pituitary gland
4. Skin
5. A patient who opens his eyes only when told to do so is considered to be:
6. Disoriented and responsive to verbal stimuli
7. Responsive to verbal stimuli
8. Alert and disoriented
9. Alert and oriented
10. While an AED is performing its analysis between shocks you should:
11. Perform CPR
12. Auscultate breath sounds
13. Check for carotid pulse
14. Remain clear of the patient
15. A sign of a stroke may include which of the following?
16. Aphasia (cannot speak)
17. Hemiplegia (paralysis to one side of the body)
18. Hemi paresis (weakness to one side of the body)
19. All of the above
20. \_\_\_\_\_\_\_\_\_\_\_\_ is the anatomical term meaning front.
    1. posterior
    2. anterior
    3. distal
    4. proximal
21. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ produces the chemicals called hormones that help regulate most body activities and functions.
    1. Endocrine system
    2. Pancreas
    3. Duodenum system
    4. None of the above
22. A \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ scene is a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ scene.
    1. Happy; fun
    2. Safe; happy
    3. Stable; safe
    4. Small; small
23. Classify the patient’s mental status by using the letters AVPU, which stands for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
    1. Answered, ventilate, posture, unresponsive
    2. Attentive, vocal, painful, unresponsive
    3. Altered, vocal, posture, unresponsive
    4. Alert, verbal, painful, unresponsive
24. Chest pain, dizziness, and nausea are called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
    1. Symptoms
    2. Signs
    3. Patient history
    4. All of the above
25. Unequal pupils could be a sign of a stroke or head injury.
    1. True
    2. False
26. Which symptom is typically not associated with a stroke?

Equal pupil sizes in both eyes

Headache

Numbness

Impaired speech