

1. A reaction to cumulative stresses or multiple critical incidents is defined as Stress-out.

- a) True **b) False** *Page 49 - Burnout*

2. Recovery position, also referred to as the _____ position, means lying on one's side.

- a) Anatomical
b) Supine
c) **Lateral recumbent** *Page 61*
d) Prone

3. Agonal respirations are characterized by slow, sporadic gasps of air from an unresponsive patient.

- a) **True** b) False *Page 140*

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

- a) Historical
b) Ongoing
c) **Baseline** *Page 222*
d) Serial

5. Respiration is the effort that a patient must exert to breathe.

- a) True **b) False** *Page 223 Work of breathing*

6. The time it takes for the capillaries to refill after being blanched is called:

- a) Diastolic refill
b) **Capillary refill** *Page 226*
c) Delayed refill
d) Palpation

7. An acronym that is widely used in EMS to help providers remember the characteristics of pupils is PURL. Purl stands for: P –Pupils, U – Unison, R – Reactive, L – Light

- a) True **b) False** *Page 234 PERL E-Equal*

8. When accessing a trauma patient with NO significant mechanism of injury, perform a focused secondary assessment, followed by:
- a) Rapid physical exam
 - b) SAMPLE history
 - c) Rapid trauma assessment
 - d) **Vital signs** *Page 268*
9. The dorsalis pedis pulse is located on top of the foot just lateral to the large tendon of the big toe.
- a) **True**
 - b) False *Page 268*
10. The myocardium receives its blood supply from:
- a) **Coronary arteries** *Page 278*
 - b) Myocardial arteries
 - c) The conduction pathway
 - d) The aorta
11. Hypoxia is a general term referring to the inability of a person to breathe adequately.
- a) True
 - b) **False** *Page 291 Respiratory compromise*
12. Normal depth (the size of each breath), is also described as _____.
- a) Normal rate
 - b) Work of breathing
 - c) **Tidal volume** *Page 293*
 - d) Tidal wave
13. Accessory muscles – muscles of the neck, chest, and abdomen that can assist during respiratory difficulty.
- a) **True**
 - b) False *Page 293*
14. A variety of respiratory conditions can be classified as chronic obstructive pulmonary disease (COPD). Such conditions include:
- a) Asthma
 - b) Chronic bronchitis
 - c) Emphysema
 - d) **All of the above** *Page 294*
15. Cerebral Thrombosis - an aneurysm or other weakened area of an artery ruptures.
- a) True
 - b) **False** *Page 312 Cerebral Hemorrhage*
16. Hypoglycemia is also known as:

- a) High blood pressure
- b) Low blood pressure
- c) High blood sugar
- d) **Low blood sugar** *Page 316*

17. Generalized infections (Sepsis) are infections that are located in one particular area of the body.

- a) True
- b) **False** *Page 324 throughout body*

18. Wounds such as skinned elbows and knees are minor open wounds known as:

- a) Avulsions
- b) Lacerations
- c) **Abrasions** *Page 372*
- d) Punctures

19. A bandage that is applied too tightly is at risk for restricting blood flow to the distal extremity.

- a) **True**
- b) False *Page 367*

20. Hemorrhagic shock is:

- a) A form of distributive shock caused by a severe allergic reaction.
- b) A form of distributive shock that results in a sudden, temporary dilation of blood vessels.
- c) **A form of hypovolemic shock that occurs when the body loses a significant amount of blood.** *Page 399*
- d) A form of shock that caused by a widespread infection of the blood.

21. Hypoperfusion is a condition in which the organs and cells are not receiving an adequate supply of well-oxygenated blood and nutrients.

- a) **True**
- b) False *Page 397*

22. Manual stabilization is:

- a) **The process of using your hands to restrict the movement of an injured person or body part.** *Page 418*
- b) The process of immobilizing an injury using a device such as a piece of wood, cardboard, or folded blanket.
- c) Holding the patient's hand and reassuring him/her prior to turning over to support personnel.
- d) Padding the injury prior to splinting.

23. Anterior hip dislocation - the leg from hip to foot is rotated outward (laterally) farther than the uninjured side. Leg rotation also may be an indication of hip fracture.

- a) **True**
- b) False *Page 434*

24. An occlusive dressing is a dressing that:
a) Is nonpermeable and will not allow air to pass through.
b) Is the best choice for open chest wound.
c) Consists of sterile gauze that is saturated with petroleum jelly
d) **All of the above.** *Page 470*
25. The abdominal cavity is separated from the chest cavity by the diaphragm muscle at the top and extends down into the pelvis.
a) True **b) False** *Page 471 diaphragm*
26. A multiple-casualty incident (MCI) involves _____ victims,
a) **More than one** *Page 584*
b) More than two
c) Fewer than 10
d) Fewer than 100
27. Triage is a method of sorting patients for care and transport based on the severity of their injuries or illnesses.
a) **True** b) False *Page 587*
28. Signs and symptoms of heat exhaustion include:
a) Mild to moderate perspiration
b) Weakness, exhaustion, or dizziness
c) Muscle cramps (usually in legs)
d) **All of the above** *Page 337*
29. Emergency care for a bee sting includes pinching or pulling out the stinger.
a) True **b) False** *Page 344*
30. In the START Triage system the letters stand for :
a) Single Triage and Rapid Treatment
b) **Simple Triage and Rapid Treatment** *Page 588*
c) Simple Triage and Ready Treatment
d) Simple Triage Assessment Rapid Treatment