



CPR: Health Care Provider

CHAPTER 2 REVIEW QUESTIONS

1. The goal of CPR (without defibrillation) is to maintain adequate circulation of oxygenated blood to vital organs such as the
 - a. spleen, pancreas
 - b. stomach, kidney
 - c. heart, brain
 - d. liver, muscles
2. Exhaled air contains about 10% oxygen
 - a. True
 - b. False
3. To avoid legal problems, always ask a patient for _____ before you provide first aid. This may be done by stating: _____
 - a. permission, "My name is... I am a first aid provider. May I help you?"
 - b. autograph, "My name is... I am a first aid provider. May I help you?"
 - c. certification card, "My name is... I am a first aid provider. May I help you?"
4. What CPR protocol should be used when responding to a victim of drowning?
 - a. A-B-C
 - b. B-A-C
 - c. C-A-B
 - d. C-B-A
5. The five links in the chain of survival in correct order are
 - a. 10177, CPR, AED, Advanced Cardiac Life Support, Post-cardiac-arrest Care
 - b. CPR, 10177, AED, Advanced Cardiac Life Support, Post-cardiac-arrest Care
 - c. AED, Advanced Cardiac Life Support, Post-cardiac-arrest Care, 10177, CPR
 - d. Post-cardiac-arrest Care, Advanced Cardiac Life Support, 10177, CPR, AED
6. When calling EMS you should tell them
 - a. what happened and the condition of the injured person
 - b. the location of the emergency and a call-back number
 - c. how many persons are involved
 - d. your name and the first aid provided
 - e. all of the above
7. During CPR, the functions of the heart and lungs are temporarily taken over by
 - a. chest compressions and ventilations
 - b. cardiac defibrillation and an oxygen bottle
 - c. advanced medications and ventilator machines
8. Heart attack symptoms may
 - a. vary between men and women
 - b. differ in individuals who have pre-existing medical conditions
 - c. include heavy pressure or squeezing in the centre of the chest or back
 - d. include nausea and vomiting
 - e. all of the above
 - f. only c and d
9. In most cases, the heart of a patient restarts after someone performs CPR on them
 - a. True
 - b. False
10. In the case of children and drowning victims, once unresponsiveness has been established, the single rescuer should
 - a. check for injuries
 - b. check the mouth for foreign bodies
 - c. activate EMS
 - d. perform CPR for 2 minutes and then call EMS
11. Emotional stress may occur before, during or after a rescue
 - a. True
 - b. False

CHAPTER 3 REVIEW QUESTIONS

1. The respiratory system includes the

- a. heart, lungs, brain
- b. arteries, spinal cord, nose
- c. nose, trachea, lungs
- d. bones, muscles, skin

2. The cardiovascular system includes the

- a. veins, arteries, heart
- b. mouth, lungs, stomach
- c. skin, bones, muscles
- d. nose, lungs, pharynx

3. Gas exchange takes place at the

- a. vein-artery interface
- b. long bone joints
- c. alveolar-capillary membrane
- d. muscle-nerve junctions
- e. lungs

CHAPTER 4 REVIEW QUESTIONS

1. Potential hazards that should prompt caution when approaching the scene of an accident include

- a. fire and animals
- b. expired first aid certifications
- c. electricity, gas and traffic
- d. a and c

2. The S-A-F-E mnemonic helps us remember

- a. to activate EMS
- b. scene safety assessment
- c. to use personal protective equipment
- d. b and c
- e. none of the above

3. Personal protective equipment is a critical part of keeping yourself safe while providing care

- a. True
- b. False

4. Protective equipment includes

- a. non-latex gloves
- b. eye shields
- c. resuscitation masks
- d. all of the above

5. When removing gloves after providing first aid, it is important to keep the outer surface of the glove from touching your skin

- a. True
- b. False

CHAPTER 5 REVIEW QUESTIONS

1. Initial assessment includes

- a. assessing for responsiveness and activating EMS
- b. adjusting the patient's position for care
- c. initiating CPR
- d. all of the above
- e. a and c only
- f. b and c only

2. To check for a pulse on an adult or child, use gentle finger pressure on the

- a. carotid artery
- b. brachial artery
- c. femoral artery
- d. radial artery

3. To check for a pulse on an infant, use gentle finger pressure on the

- a. carotid artery
- b. brachial artery

- c. femoral artery
- d. radial artery

4. Any breathing sounds at all are considered normal

- a. True
- b. False

5. Placing an unconscious, breathing victim in the recovery position is important to maintain an open airway and to minimise the potential of blood and vomit to obstruct the airway

- a. True
- b. False

6. Persons with back or neck injuries should not be placed in the recovery position

- a. True
- b. False

CHAPTER 6 REVIEW QUESTIONS

1. The recommended rate of compression for CPR on all ages is

- a. 60-80 per minute
- b. 120 per minute
- c. at least 140 per minute
- d. Rate is not important as long as compressions are being done

2. The recommended depth of chest compressions for an adult is

- a. 2.5-5 cm
- b. 5-6 cm
- c. 7-8 cm
- d. Depth is not important as long as compressions are being done

3. The recommended depth of compressions for infants and children is

- a. 1/3 of chest depth
- b. 5 cm
- c. 2.5 cm

4. The compression-to-ventilation ratio for two-person CPR on children and infants is

- a. 30:2
- b. 30:3
- c. 15:2
- d. 15:1

CHAPTER 7 REVIEW QUESTIONS

1. Each rescue breath should last about
 - a. 2 seconds
 - b. 1 second
 - c. 5 seconds
2. The volume of rescue breaths for children should be adjusted to accommodate their size to avoid overexpansion of their lungs
 - a. True
 - b. False
3. When delivering rescue breaths to an infant, the head should
 - a. be extended as it would for an adult or child
 - b. not be extended at all
 - c. be extended gently but not as far as you would for an adult or child
4. When delivering only rescue breaths (no compressions) on an adult, the rate of ventilations is one breath every
 - a. 10 seconds
 - b. 5-6 seconds
 - c. 3 seconds
5. Rescue breaths only (no compressions) on an infant should be delivered every 3-5 seconds
 - a. True
 - b. False
6. Full CPR is always recommended for
 - a. drowning victims
 - b. scuba diving injuries
 - c. both a and b

CHAPTER 8 REVIEW QUESTIONS

1. The use of an AED is often helpful but may decrease the chance of survival
 - a. True
 - b. False
2. Every minute the heart is in fibrillation, survival rates decrease by
 - a. 3-5%
 - b. 7-10%
 - c. 12-15%
 - d. 20-25%
3. All cardiac arrests can benefit from the shock delivered by an AED
 - a. True
 - b. False
4. The charge from a delivered shock should be allowed to dissipate before touching the patient to resume CPR
 - a. True
 - b. False
5. AEDs with adult pads may be used on infants and children
 - a. True
 - b. False
6. AED pad placement on adults is
 - a. on the right chest and left side
 - b. on the centre of the chest and centre of the back
 - c. under both arms, centring the heart between them
7. AED pad placement on infants is
 - a. on the right chest and left side
 - b. on the centre of the chest and centre of the back
 - c. under both arms

CHAPTER 9 REVIEW QUESTIONS

1. **The most common cause of airway obstruction and choking in adults is**
 - a. tongue
 - b. food
 - c. dentures
2. **With infants and children, airway obstruction and choking can also be caused by**
 - a. food
 - b. foreign bodies (toys, coins, nuts)
 - c. fingers
3. **Grasping the throat is a common sign made by choking victims**
 - a. True
 - b. False
4. **If you suspect that someone is choking**
 - a. look in the mouth
 - b. check for responsiveness
 - c. ask, "Are you choking?"
 - d. ask a doctor
5. **With complete airway obstruction, the victim will be unable to _____ but might nod his head in response to your question. If the victim is unable or has a limited ability to move air, he may soon lose**

 - a. yell for help, his breath
 - b. talk, his breath
 - c. breathe/cough/speak, consciousness
6. **In the case of a partial airway obstruction, the rescuer should encourage the choking victim to cough but should do nothing else**
 - a. True
 - b. False
7. **If the victim at any time becomes unconscious, the rescuer should _____**
 - a. drop the victim in the hope that the fall will dislodge the foreign body
 - b. ease the victim to the ground, remove the foreign body if visible, and start CPR
 - c. ease the victim to the ground and initiate supplemental oxygen therapy
8. **What must you do when a victim regurgitates?**
 - a. roll the patient on his side, and wipe or suction out the mouth
 - b. blow vomit back into the stomach
 - c. remove gloves, and wipe away vomit with bare hands
9. **An obstructed airway in a responsive infant should be cleared with back blows, alternating with chest compressions**
 - a. True
 - b. False

CHAPTER 10 REVIEW QUESTIONS

1. **The primary function of blood is to supply nutrients and oxygen to the body tissues and to remove carbon dioxide and waste products**
 - a. True
 - b. False
2. **Which of the following is the first line of action to control external bleeding?**
 - a. direct pressure
 - b. tourniquets
 - c. haemostatic dressings
3. **Should the first dressing become soaked, you should**
 - a. remove the dressing and replace it with a fresh dressing
 - b. place additional dressings on top of the existing dressing as needed
 - c. remove the dressing and irrigate the wound
 - d. leave it as is
4. **A tourniquet should be placed**
 - a. if the wound exhibits massive arterial bleeding
 - b. if bleeding is not stopped by direct pressure over the wound
 - c. 5-6 cm above the wound
 - d. all of the above
5. **A tourniquet should be removed after two hours, regardless of continued bleeding**
 - a. True
 - b. False

CHAPTER 11 REVIEW QUESTIONS

1. **When should you bandage a dressing in place?**
 - a. After the bleeding has stopped and continual, direct pressure is no longer necessary
 - b. Immediately
 - c. After allowing the wound to air out
 - d. Never
2. **You should always remove an impaled object**
 - a. True
 - b. False
3. **When applying a splint, make sure the joints above and below the injury move freely**
 - a. True
 - b. False

CHAPTER 12 REVIEW QUESTIONS

1. What is shock?

- a. A dramatic drop in blood sugar
- b. A life-threatening condition resulting from inadequate blood supply to the brain and vital organs
- c. A feeling of nausea brought on by the rocking motion of a boat

2. Which of the following is not a type of shock?

- a. Hypovolemic
- b. Cardiogenic
- c. Cryogenic
- d. Insulin
- e. Anaphylactic

3. Signs and symptoms of shock include

- a. pale, clammy skin, thirst
- b. anxiety, restlessness, confusion

- c. rapid, shallow breathing
- d. any of the above

4. Adding blankets over someone in shock always helps to maintain a normal body temperature

- a. True
- b. False

5. Oral fluid administration is recommended in the case of shock

- a. True
- b. False

6. Persons in shock should receive prompt medical attention and may need to be hospitalised for further treatment

- a. True
- b. False

CHAPTER 13 REVIEW QUESTIONS

1. Patient movement should be avoided except to move the person onto his back to perform CPR or when the current location places the victim or rescuer at risk of further injury

- a. True
- b. False

2. Body mechanics the rescuer should consider when lifting include

- a. keep the back straight
- b. bend only from the hips
- c. keep the head neutral
- d. lift with the legs
- e. all of the above