

First Responder Refresher
January 2014

Name _____

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

Use this scenario to answer the following question(s).

You and your partner are called to a one-vehicle collision, car versus electrical pole. You arrive on scene and notice that the police are controlling traffic and that the power company has turned the power off. You and your partner find a 65-year-old male unconscious in the driver's seat. He is breathing and has a pulse. You notice a starburst to the windshield, and the patient is unrestrained. As your crew is securing spinal restriction, the local Advance Life Support crew arrives on scene. You assist the Paramedic and EMT-Basic with securing the patient to the long backboard and into their unit for transport. You give the crew a report, and they transport the patient to the hospital while you return to the fire department for restocking.

- 1) As an Emergency Medical Responder on this call, the first responsibility for you and your crew would be to: 1) _____
A) make sure that advance care had been called.
B) assure your safety and that of your partner.
C) ensure that the patient has an open airway.
D) have the police direct you to the appropriate parking area.
- 2) Which professionals in the scenario are NOT a recognized level of EMS-trained individuals? 2) _____
A) Emergency Medical Responders B) Paramedics
C) Police officers D) EMT-Basics
- 3) The first concern at the scene of an emergency is: 3) _____
A) to determine what caused the injury. B) to carry out emergency duties.
C) the patient's chief complaint. D) scene safety.
- 4) As an Emergency Medical Responder you need to know that, if a patient is intoxicated, he or she is: 4) _____
A) able to walk a straight line. B) of sound mind.
C) able to understand questions. D) not competent to make medical decisions.

Use this example to answer the following question(s).

You are called to the scene of a 57-year-old who has "passed out" in the hallway of his home. On arrival the scene is safe, and the patient remains unresponsive.

- 5) During your assessment of the unresponsive patient, the patient arouses and becomes alert and responsive. He claims that he does not want any care and asks you to leave him alone. You should do all of the following EXCEPT: 5) _____
A) advise ALS and have them turn back due to the refusal.
B) question the ethical or religious reasons the patient expresses for the refusal.
C) document the refusal and have it witnessed.
D) discuss the situation with the patient and explain your concern about his condition.
- 6) In order to prove negligence, you need to establish: 6) _____
A) damages. B) duty to provide care.
C) breach of duty care. D) all of the above.

- 7) Acquired immune deficiency syndrome (AIDS) may be contracted by: 7) _____
 A) touching the infected person's skin.
 B) contact with bodily fluids of an infected person.
 C) eating with a fork that belongs to an infected person.
 D) handling household belongings of an infected person.

- 8) As an Emergency Medical Responder, you are more at risk of contracting: 8) _____
 A) body fluids. B) AIDS or HIV.
 C) infected blood. D) the hepatitis B or C virus.

- 9) You and your partner are responding to a call for a patient who has cut his leg with a chain saw. As you arrive, a friend is controlling the bleeding. Your first concern is: 9) _____
 A) BSI. B) bleeding control.
 C) scene safety. D) talking to the patient.

- 10) The respiratory system is responsible for exchange of: 10) _____
 A) oxygen. B) blood. C) carbon dioxide. D) both A and C.

- 11) Your patient's car was hit on the driver's side by the driver's door. Your patient states that he has pain in the left upper quadrant. You suspect an injury to the: 11) _____
 A) spleen. B) kidneys. C) stomach. D) liver.

Use this example to answer the following question(s).

Your patient complains of falling and has a deformity to the lower leg near the ankle, to the inside of the leg.

- 12) This injury will be most likely associated with which organ system? 12) _____
 A) Endocrine system B) Circulatory system
 C) Musculoskeletal system D) Nervous system

- 13) You are called to a house for an elderly male who fell in the bathroom and is complaining of pain to his right hip. The best piece of equipment to use would be the: 13) _____
 A) backboard. B) stair chair. C) stretcher. D) scoop stretcher.

- 14) The most common type of emergency move is the: 14) _____
 A) emergency lift. B) drag. C) rescuer move. D) carrier.

Use this scenario to answer the following question(s).

You have been called to a chest pain patient at the local apartment complex. This patient is found in Apartment 323 on the third floor of the complex. The patient has a history of angina and wants to be transported to the hospital. After assessment and beginning treatment, you and your partner formulate a plan for taking the patient down to the unit.

- 15) The patient states that he will walk down the steps, but you know that walking could be harmful to his condition. Your training has told you the best way to carry this patient down steps would be to: 15) _____
 A) perform the extremity carry. B) do a direct carry.
 C) use a long backboard. D) use the stair chair.

- 16) As you are checking for breathing on a child, you would do all the following EXCEPT: 16) _____
 A) reposition until chest rise is observed. B) feel for air movement.
 C) listen for air movement. D) look for chest rise.
- 17) By using a pocket face mask with a one-way barrier device in mouth-to-mask ventilation, you can do all of the following EXCEPT: 17) _____
 A) add protection against meningitis and tuberculosis.
 B) cut the rate of ventilations by at least a half.
 C) use both hands on the mask to make a seal.
 D) maintain the patient's head position while ventilating.
- 18) Care for a choking unresponsive child includes all of the following EXCEPT: 18) _____
 A) abdominal thrusts. B) tongue-jaw lifts.
 C) blind finger sweeps. D) attempting breaths.

Use this scenario to answer the following question(s).

You have been dispatched to the scene of a construction site where a man has fallen from the second story while working on the roof. He is found lying supine on the ground, and all the other workers are looking on.

- 19) While continuing your initial assessment, it is determined that the patient has a patent airway and is breathing at a rate of 14. He has a pulse that is weak and thready, and there are no obvious signs of bleeding. He is very cool and clammy, and his capillary refill is slow. You determine this patient's priority as: 19) _____
 A) medium priority. B) low priority.
 C) high priority, but can wait. D) high priority, urgent.

Use this scenario to answer the following question(s).

You and your partner are called to a house for a male who fell out of a tree. As you arrive, you see the wife flagging you down and advising you that the patient is in the back of the house. As you walk up you find a 70-year-old male on the ground. He states that he hit his hip and that his chest hurts.

- 20) As you size up the scene, you should be looking for: 20) _____
 A) the ABCs. B) life-threatening problems.
 C) mechanism of injury. D) the illness.
- 21) The compression rate for two-rescuer CPR, as opposed to one-rescuer CPR, is performed: 21) _____
 A) at a faster rate. B) at the same rate.
 C) in a completely different manner. D) at a slower rate.
- 22) The maximum depth of compression for an infant is: 22) _____
 A) one-half to one-and-a-half inches.
 B) one-third to one-half the depth of the chest.
 C) one to one-and-a-half inches.
 D) one-quarter to a half the depth of the chest.
- 23) You are responding to a construction site where a person has passed out. On your arrival, you find a patient on the ground. He is hot to the touch and has very little perspiration. This patient has: 23) _____
 A) heat cramps. B) heat stroke.
 C) heat exhaustion. D) all of the above.

- 24) You have a patient complaining of difficulty breathing for the last couple of days, gradually getting worse tonight. He states that for the last couple of days he can't lie flat because it makes him short of breath. He has been sleeping in a chair, and you notice his ankles are swollen. You believe his condition is called: 24) _____
 A) asthma. B) angina pectoris.
 C) congestive heart failure. D) chronic obstructive pulmonary disease.
- 25) An open wound with smooth edges that bleeds freely is a(n): 25) _____
 A) contusion. B) abrasion. C) incision. D) puncture.
- 26) You are called for a patient who had his hand caught in a machine. When you remove his hand, you see that it is partially amputated, and you cannot control the bleeding. You should: 26) _____
 A) apply a bandage. B) utilize a pressure point.
 C) apply a dressing. D) apply a tourniquet.
- 27) If the mechanism of injury indicates possible spinal injuries, you should: 27) _____
 A) assume the injuries are present even if unseen and continue with emergency care.
 B) contact medical direction and transport immediately, without providing emergency care.
 C) assume the injuries are present only after locating them, then provide emergency care.
 D) both A and C.
- 28) Signs and symptoms of an injury to the head include: 28) _____
 A) trachea shifting from center, along with trouble breathing.
 B) low blood sugar.
 C) intoxication.
 D) bruising behind ears, confusion, and unequal pupils.

Use this scenario to answer the following question(s).

You are called for an elderly patient who slipped and fell in the grocery store. The patient states that she has pain in her hip and right shoulder. You let the patient know that the ambulance has been called and is on the way.

- 29) Elderly patients tend to have limited mobility, which can lead to: 29) _____
 A) poor eyesight. B) depression. C) hearing loss. D) weight gain.
- 30) The elderly have a decrease in the number of: 30) _____
 A) small airways. B) respiratory muscles.
 C) cilia. D) oxygenated blood cells.

Use this scenario to answer the following question(s).

You and your crew are dispatched to the scene of a car crash. One of the patients is 7 months pregnant and complaining of lower abdominal pain.

- 31) When immobilizing an injured pregnant woman on a backboard, you should: 31) _____
 A) have her sit up.
 B) have her lay on her back.
 C) have her lay on her back on the backboard and raise the left side slightly.
 D) have her lay on her back on the backboard and raise the right side slightly.

Use this scenario to answer the following question(s).

You examine a pregnant female to see if there will be an imminent delivery, and you note what appears to be the top of the baby's head. After questioning the mother, she tells you her water has broken and her contractions are very frequent (< two (2) minutes). She also feels the urge to push.

- 32) During your examination, you see the top of the baby's head presenting; based on your knowledge of childbirth, you know that this presentation is called: 32) _____
A) crowning. B) afterbirth. C) breech. D) contractions.
- 33) An acute respiratory condition found in infants and children that is characterized by a barking type of cough, or stridor, is known as: 33) _____
A) croup. B) RSV. C) asthma. D) epiglottitis.
- 34) A seizure in a child may be caused by: 34) _____
A) low blood sugar. B) high fever.
C) infection. D) all of the above.
- 35) As an Emergency Medical Responder, your first consideration at any emergency should be: 35) _____
A) your own safety.
B) notifying the communications center of your status.
C) the patient's safety.
D) providing immediate patient care.
- 36) All of the following should be done at any emergency scene EXCEPT: 36) _____
A) call dispatch for the appropriate assistance.
B) evaluate the scene.
C) wear protective gear.
D) do whatever it takes to rescue the patient.

Use this scenario to answer the following question(s).

You respond to a motor vehicle collision involving several vehicles. Each vehicle has multiple occupants. Determine the correct triage priority for each of the following patients.

- 37) 6-year-old boy who has a deformed wrist. 37) _____
A) Green Tag B) Red Tag C) Yellow Tag D) Black Tag
- 38) Utilizing the pediatric triage system, how many ventilations should the Emergency Medical Responder give a child if the child has a pulse but is not breathing? 38) _____
A) 20 B) 30 C) 5 D) 10
- 39) Using a blood pressure cuff and a stethoscope to listen for characteristic sounds is also referred to as: 39) _____
A) standard. B) pressure. C) palpation. D) auscultation.
- 40) The lower chamber on the left side of the heart (left ventricle) receives blood and forces it into the arteries to circulate throughout the body. The heart's contraction phase is called: 40) _____
A) relaxation. B) diastole. C) contraction. D) systole.

- 41) A patient who is not breathing should receive oxygen via: 41) _____
 A) nonrebreather face mask. B) bag-valve-mask with oxygen at 15 lpm.
 C) nasal cannula. D) venturi mask.
- 42) Which of the following best describes the form of medication that Activated Charcoal is? 42) _____
 A) Elixir B) Slurry C) Suspension D) Tincture
- 43) The organization that establishes rules for aircraft is the: 43) _____
 A) Safety administration. B) Federal aviation administration.
 C) EMS hospital. D) EMS aviation administration.
- 44) Even an excellent swimmer should wear a personal flotation device during the attempted rescue of a victim when: 44) _____
 A) working near the water's edge. B) rowing a rescue boat.
 C) entering the water. D) all of the above.
- 45) During the conversation you are asked what you do if you cannot contact Medical Control. You explain that you can follow protocols or standing orders under a medical direction called: 45) _____
 A) off-line medical direction. B) on-line medical direction.
 C) scope of practice. D) delegation of authority.

Use this scenario to answer the following question(s).

You respond to a 67-year-old female who has fallen at home. On arrival the patient is conscious and alert, with no respiratory or cardiac compromise. She states she tripped and fell and now has pain in her left hip. She thinks she might have heard a "pop" as she hit the floor. She has her neighbor at her side and says it is all right for you to leave, and that the neighbor can get her up and to her favorite chair. She's afraid she can't afford the ambulance and the hospital, and she is sure she is just feeling her age. You know that the ambulance is on its way and should arrive soon.

- 46) The patient requests that you leave, and she says she will get help from her neighbor. You know that the ambulance will be there soon, and you consider leaving. If you leave without a signed Release of Care form, it could be considered that you have committed: 46) _____
 A) negligence. B) abandonment. C) misconduct. D) malpractice.
- 47) The appropriate respiratory protection when caring for a patient with known active TB is: 47) _____
 A) N95 HEPA mask. B) SCUBA.
 C) surgical mask. D) pocket mask.
- 48) In the anatomical position, the respiratory system would be _____ to the digestive system. 48) _____
 A) inferior B) posterior C) superior D) anterior

Use this scenario to answer the following question(s).

You have been called to a chest pain patient at the local apartment complex. This patient is found in Apartment 323 on the third floor of the complex. The patient has a history of angina and wants to be transported to the hospital. After assessment and beginning treatment, you and your partner formulate a plan for taking the patient down to the unit.

- 49) Upon moving the patient, you and your partner will want to use appropriate body mechanics and lifting techniques to prevent any injuries to yourselves. The following are all appropriate techniques for safe moving and lifting EXCEPT: 49) _____
- A) carrying the weight away from the body.
 - B) never twisting or making moves other than the lift.
 - C) positioning your feet approximately at shoulder width.
 - D) using your legs, not your back, to do the lifting.
- 50) The correct way for the placement of an OPA in a child would be: 50) _____
- A) from the right corner of the mouth in a sideways fashion, and then rotated 90 degrees.
 - B) upside down until it reaches the roof of the mouth, and rotate 180 degrees.
 - C) sideways from the corner of the left side of the mouth, and rotate 90 degrees.
 - D) right side up, with the tongue held down with a tongue depressor until it rests in the correct position.
- 51) The recommended pulse to check on an unconscious patient is: 51) _____
- A) femoral pulse.
 - B) distal pulse.
 - C) carotid pulse.
 - D) radial pulse.
- 52) During CPR, you notice that the patient's abdomen begins to swell. This is most likely due to: 52) _____
- A) internal bleeding.
 - B) ventilations that were too forceful or the airway not completely opened.
 - C) the patient being a choking victim.
 - D) too-forceful compressions.
- 53) The four routes that a patient can be exposed to a poison are: 53) _____
- A) absorption, injection, chemicals, and ingestion.
 - B) injection, bites, absorption, and ingestion.
 - C) inhalation, vapors, injection, and absorption.
 - D) ingestion, inhalation, absorption, and injection.
- 54) Arteries are defined as vessels that: 54) _____
- A) are the exchange vessels for oxygen and carbon dioxide.
 - B) carry oxygen to the body.
 - C) carry blood away from the heart.
 - D) return blood the heart.
- 55) If there is no distal pulse after splinting, you should: 55) _____
- A) realign the injured extremity and the reassess pulse.
 - B) give oxygen and transport immediately.
 - C) gently loosen the splint and reassess the distal pulse.
 - D) have the patient get in the most comfortable position.

Use this scenario to answer the following question(s).

You are called for an elderly patient who slipped and fell in the grocery store. The patient states that she has pain in her hip and right shoulder. You let the patient know that the ambulance has been called and is on the way.

- 56) Elderly people are more susceptible to: 56) _____
A) forgetfulness. B) osteoporosis. C) injury. D) falls.

Use this scenario to answer the following question(s).

You examine a pregnant female to see if there will be an imminent delivery, and you note what appears to be the top of the baby's head. After questioning the mother, she tells you her water has broken and her contractions are very frequent (< two (2) minutes). She also feels the urge to push.

- 57) Understanding that birth is imminent, you prepare for delivery by placing the mother in what position? 57) _____
A) On her back with knees bent B) On her back with legs flat
C) On her left side with knees bent D) On her left side with legs flat

- 58) Infants and children are frequent victims of trauma because of: 58) _____
A) their size, curiosity, and high degree of fear.
B) family history.
C) genetics.
D) their size, curiosity, and a lack of fear.

- 59) In preparing for a call, phase 6 refers to: 59) _____
A) complete paperwork.
B) notify dispatch that you are back in service.
C) clean and disinfect equipment.
D) all of the above.

- 60) When does the Emergency Medical Responder need to triage patients? 60) _____
A) When the ambulance will be delayed for more than 20 minutes
B) When there are more patients than there are rescuers
C) When there are more than 10 patients
D) When the closest hospital cannot receive all the patients

- 61) Blood pressure is measured in specific units called: 61) _____
A) abg. B) psi. C) ppm. D) mmHg.

- 62) A patient receiving 2 lpm of oxygen via nasal cannula is receiving _____% oxygen. 62) _____
A) 90 B) 28 C) 50 D) 21

- 63) Which of the following is NOT an indication for the use of nitroglycerine? 63) _____
A) Patient's physician has prescribed NTG
B) Patient complains of chest pain
C) Systolic blood pressure of greater than 100 mmHg
D) Patient has a head injury

- 64) All EMS aircraft personnel have: 64) _____
 A) Paramedic scope of practice.
 B) Advanced scope of practice.
 C) Emergency Medical Responder scope of practice.
 D) EMT-B scope of practice.
- 65) A victim with a history of SCUBA diving 36 hours ago presents with fatigue, painful muscles and joints, and labored breathing. The patient may be suffering from: 65) _____
 A) air embolism. B) decompression sickness.
 C) hyperthermia. D) hypothermia.
- 66) An Emergency Medical Responder provides emergency care: 66) _____
 A) every time an emergency happens. B) until EMTs or Paramedics take over care.
 C) only if the injuries are life-threatening. D) until the patient arrives at the hospital.
- 67) You and your partner are on the way to work when you see a child in the road who has been struck by a vehicle and is unresponsive. You begin care for her and call for advanced care to transport her to a nearby emergency department. You know you can legally do this based on: 67) _____
 A) actual consent. B) Good Samaritan laws.
 C) informed consent. D) implied consent.

Use this scenario to answer the following question(s).

You are caring for a 6-year-old female who the family says has been very sick since last night. She had a high fever, but they felt it was just the flu. Today the child became worse and complained of her neck hurting and being stiff. The child is now unresponsive and is not breathing. You have been ventilating her with a bag valve device attached to oxygen until ALS arrives and takes over care and transports.

- 68) Your patient may have a contagious disease that will require that you follow up for further treatment with antibiotics if exposed. You consider that she may be suffering from: 68) _____
 A) HIV. B) meningitis. C) hepatitis. D) tuberculosis.
- 69) You have rolled your unconscious patient to their side to assist with airway control of secretions; this is the _____ position. 69) _____
 A) recovery B) prone C) semi-Fowler's D) supine
- 70) You have an unresponsive patient without a suspected spinal injury. You know you should position the patient for drainage of fluids or vomitus. The recommended position would be: 70) _____
 A) supine. B) prone.
 C) recovery. D) semi-Fowler's position.
- 71) The bag-valve-mask (BVM) will deliver what percentage of oxygen? 71) _____
 A) 21% B) 60% C) 100% D) Either A or B
- 72) All of the following would be classified as a sign EXCEPT: 72) _____
 A) Battle's sign. B) dilated pupils. C) bruising. D) chest pain.

- 73) After you give two ventilations and you check for a pulse, if the patient has a pulse but is NOT breathing, you should: 73) _____
- A) give 1 breath every 4 seconds. B) give 2 breaths every 5 seconds.
C) give 1 breath every 5 seconds. D) give 1 breath every 3 seconds.

Use this scenario to answer the following question(s).

Your engine was dispatched for a possible overdose. Upon your arrival, you find a 23-year-old male on the couch, breathing at a rate of 4 breaths per minute. You and your partner move the patient to the floor.

- 74) You ask the patient's friend if the patient was taking any drugs. The patient's friend states that he took heroin about 2 hours prior. Heroin is a: 74) _____
- A) narcotic. B) hallucinogen. C) downer. D) upper.

- 75) A patient experiencing shock-like signs and symptoms should receive all of the following shock management EXCEPT: 75) _____
- A) if thirsty, give sips of water only.
B) ensure an adequate airway and breathing.
C) elevate the lower extremities.
D) cover the patient for warmth.

- 76) Prior to moving a patient during the assessment or while you dress a wound or splint an extremity, you should: 76) _____
- A) tell your patient what the result will be when you are finished.
B) tell your patient how much it will hurt and for how long.
C) let your patient know what you are doing and why.
D) all of the above.

- 77) With geriatric patients, you should avoid: 77) _____
- A) addressing the patient directly. B) using nicknames.
C) shaking the patient's hand. D) eye contact.

- 78) When the amniotic fluid is stained green or brownish yellow, this is called: 78) _____
- A) a ruptured amniotic sac. B) normal.
C) meconium staining. D) normal amniotic fluid.

Use this scenario to answer the following question(s).

You are called to the medical clinic in town for an injured child. Upon your arrival on the fire engine, you find a 17-month-old tied to a backboard and crying. The patient has a big, red, swollen area on his forehead. As you question his mother, she advises that the child fell out of a second-story window.

- 79) In your initial assessment of this 17-month-old, you would: 79) _____
- A) move the patient to the mother.
B) ensure an adequate airway.
C) place a nonrebreather mask on him at 100%.
D) control your emotions.

- 80) If gaining access in a vehicle to a patient through a window is required, the Emergency Medical Responder should try using: 80) _____
- A) the windshield.
 - B) The Emergency Medical Responder should never gain access through a window.
 - C) a rear or side window.
 - D) the window closest to the patient.

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 81) Those procedures that an Emergency Medical Responder can provide as care for a patient are called their scope of care. 81) _____
- 82) Ethics is defined as "behavior that is right, good, and proper." 82) _____
- 83) You arrive at a home where you see a family member holding her husband's hand and saying, "Why me?" This is called denial in one of the several stages. 83) _____
- 84) Superior means toward the top of the head. 84) _____
- 85) If you have an unconscious patient without respiratory or cardiac compromise, it is appropriate to use nonemergency moves. 85) _____
- 86) The alveoli is where oxygen passes through the capillaries to the blood. 86) _____
- 87) You have a patient who appears stable. He can become unstable without warning. 87) _____
- 88) During two-rescuer CPR on an adult, you should compress the chest five times for each breath given by pocket mask. 88) _____
- 89) Frostbite could cause the patient's skin to become white and waxy, with the possibility of severe firmness to the skin. 89) _____
- 90) The only time that an impaled object should be removed is if it interferes with cardiopulmonary resuscitation or if the object is obstructing the airway. 90) _____
- 91) The energy of a force is never transferred up or down the extremity. 91) _____
- 92) Over time, the elderly patient's lungs increase in efficiency. 92) _____
- 93) If the umbilical cord is wrapped around the baby's neck, place your finger under the cord and gently pull it over the baby's head. 93) _____
- 94) If the nose is obstructed, the infant will use his mouth to breathe, as an adult would. 94) _____
- 95) Before you approach the patient you should evaluate the scene. 95) _____
- 96) The Incident Response System (IRS) is a model tool for the command, control, and coordination of resources at the scene of a large-scale emergency involving multiple agencies. 96) _____

- 97) It is acceptable to move the patient's arm if there is any possibility of spinal injury. 97) _____
- 98) Only those providers trained and authorized to administer oxygen should do so. 98) _____
- 99) Indications are specific signs or conditions for which it is appropriate to use the drug. 99) _____
- 100) You should always approach the aircraft with the patient before you are directed. 100) _____