

Name _____ Date _____

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

- 1) When administering oxygen to a nonbreathing patient with a bag-valve mask, you should:
 - A) use a venturi mask.
 - B) use a humidifier.
 - C) use an oropharyngeal airway.
 - D) use a nonrebreather mask.

- 2) A patient who will not tolerate oxygen by mask or cannula might benefit from
 - A) a smaller face mask.
 - B) no supplemental oxygen.
 - C) blow-by oxygen.
 - D) positive pressure ventilation.

- 3) Treat a partial airway obstruction as if it were a complete airway obstruction in cases where the patient is
 - A) speaking hoarsely.
 - B) able to speak.
 - C) able to cough forcefully.
 - D) unable to cough forcefully.

- 4) Your patient is in mild respiratory distress, is breathing normally, and has no signs of shock. The appropriate oxygen delivery device would be a:
 - A) nonrebreather mask.
 - B) venturi mask.
 - C) bag-valve mask.
 - D) nasal cannula.

- 5) Which of the following patient histories would cause the most suspicion for cardiac compromise?
 - A) A history of hypertension, coronary artery disease, and obesity
 - B) A history of diabetes, high cholesterol, and kidney disease
 - C) A history of Alzheimer's, stroke, and alcohol consumption
 - D) A history of asthma, anxiety, and cigarette smoking

- 6) You are caring for a co-worker who fell off a ladder. He has a cut on his right palm that is slowly bleeding. You should FIRST:
 - A) apply a pressure bandage.
 - B) apply an ice pack.
 - C) apply a tourniquet.
 - D) apply direct pressure with a dressing.

- 7) You have used the AED to deliver a shock to the patient. Immediately following the shock you should
 - A) resume chest compressions.
 - B) allow paramedics to administer medications.
 - C) check for a pulse.
 - D) ensure no one is touching the patient.

- 8) When caring for a patient who has no pulse and is not breathing, your goal should be to apply an automated external defibrillator:
 - A) after contacting medical direction.
 - B) as soon as possible.
 - C) after 5 minutes of CPR.
 - D) as soon as the paramedics arrive.

- 9) The airway adjunct that is used for an unresponsive patient who has a gag reflex is the
 - A) rescue mask.
 - B) jaw-thrust maneuver.
 - C) oropharyngeal airway.
 - D) nasopharyngeal airway.

- 10) You have to do an emergency move for a patient. What would make you decide to perform this type of move:
 A) You decide that the patient should have the fractures immobilized before moving
 B) You need to get to another patient with life-threatening injuries.
 C) You have completed your assessment, and you need to move the patient to a cot
 D) Your initial assessment indicates that the patient's vital signs are stable.
- 11) If your initial assessment of an injured extremity reveals no distal pulse, you should _____ if it is allowed by your EMS system.
 A) administer aspirin for pain
 B) gently realign the injured extremity
 C) lower the extremity below the level of the heart
 D) vigorously massage the extremity
- 12) All splinting of an injured bone must immobilize:
 A) only the joint directly below the injury.
 B) the joints directly above and below the injury.
 C) only the joint directly above the injury.
 D) no joints need to be immobilized.
- 13) Which of the following is NOT a link in the adult chain of survival?
 A) Rapid defibrillation
 B) Progressive CPR training
 C) Early CPR
 D) Early advanced life support
- 14) A patient has bright red blood spurting from a laceration on his leg. This bleeding is best described as
 A) arterial bleeding. B) venous bleeding. C) aortic bleeding. D) capillary bleeding.
- 15) An AED will deliver a shock to which of the following heart rhythms?
 A) Sinus rhythm
 B) Heart block
 C) Ventricular fibrillation
 D) Asystole
- 16) During basic adult two-rescuer CPR, you and your partner should perform a ratio of _____ compressions to _____ breaths.
 A) 15 / 2 B) 30 / 2 C) 15 / 1 D) 5 / 1
- 17) A sling and a swathe may be used for:
 A) injuries to the collarbone or shoulder blade.
 B) injuries to the upper arm bone and forearm.
 C) injuries to the elbow.
 D) all of the above.
- 18) While applying an AED to the patient, you notice a medication patch on the chest where you plan to place the AED pad. You should:
 A) remove the patch and wipe the skin before applying the AED pad.
 B) do not use the AED.
 C) apply the AED pad to the left of the patch.
 D) apply the AED pad over the patch.
- 19) The most common cause of an airway obstruction is:
 A) the tongue. B) infections. C) facial trauma. D) tissue damage.
- 20) The bag-valve mask works best when you have _____ Emergency Medical Responders.
 A) two B) four C) three D) one

- 21) Which of the following is a contraindication for administering nitroglycerine?
- A) The patient has a head injury.
 - B) The patient has been prescribed NTG.
 - C) The patient has a systolic blood pressure of 175 mmHg.
 - D) The patient complains of chest pain.
- 22) When breathing for an adult, you should ventilate at a rate of:
- A) one breath every 7 to 9 seconds.
 - B) one breath every 11 to 13 seconds.
 - C) one breath every 5 to 6 seconds.
 - D) one breath every 13 to 15 seconds.
- 23) You are driving in your car and see a crash. You stop to provide care. You are protected by
- A) Good Samaritan law.
 - B) scope of care.
 - C) standard of care.
 - D) duty to act.
- 24) You have placed the AED on the patient and turned it on. The AED delivers a message that it is analyzing the heart rhythm. You should next:
- A) ensure that no one is touching the patient.
 - B) deliver two rescue breaths.
 - C) start CPR.
 - D) quickly check a carotid pulse.
- 25) Your patient has vomited and has fluid in his mouth. You should suction for
- A) 20 seconds.
 - B) 5 seconds.
 - C) 15 seconds.
 - D) 10 seconds.
- 26) A patient shows obvious signs of life after receiving a shock from the AED. You should
- A) remove the AED pads.
 - B) resume CPR.
 - C) check for a pulse and breathing.
 - D) insert an OPA.
- 27) You arrive on scene to find a 57-year-old man who is not breathing. You feel for a carotid pulse but are not sure if you feel one. You should:
- A) try feeling for a radial pulse instead.
 - B) begin chest compressions.
 - C) deliver two rescue breaths and recheck for a pulse.
 - D) ask another responder to confirm pulselessness.
- 28) The advantage of two-rescuer CPR over one-rescuer CPR is that:
- A) the compression rate allows for better filling of the heart.
 - B) chest compressions will not be interrupted for as long.
 - C) more oxygen is provided to the patient.
 - D) the job is shared between the two rescuers, thus reducing rescuer fatigue
- 29) While doing chest compressions on an adult, you should depress the sternum
- A) at least 2 inches.
 - B) 1/3 to 1/2 inch.
 - C) 1 to 2 inches.
 - D) 1 1/2 to 2 1/2 inches.
- 30) Before splinting an upper arm injury, you should assess all of the following EXCEPT
- A) sensation.
 - B) motor function.
 - C) distal pulses.
 - D) pupil response.
- 31) Which of the following is NOT a common indication for oxygen administration?
- A) Altered mental status
 - B) Significant mechanism of injury
 - C) Abnormal vital signs
 - D) Abdominal pain

- 32) If there is no distal pulse, after splinting, you should:
- A) give oxygen and transport immediately.
 - B) gently loosen the splint and reassess the distal pulse.
 - C) realign the injured extremity and reassess the pulse.
 - D) have the patient get in the most comfortable position.
- 33) A 42-year-old male has been stabbed in the abdomen. His airway is patent, and he is breathing 20 times per minute with good tidal volume. He has a rapid and weak pulse, and his skin is pale and diaphoretic. There is no significant external bleeding, but his abdomen is distended, and he guards when you palpate his belly. You should:
- A) delay transport until you can identify the exact cause of his shock symptoms
 - B) classify him as unstable and initiate rapid transport.
 - C) withhold oxygen until paramedics arrive.
 - D) have him sit upright on the gurney.
- 34) During CPR you notice that the patient's abdomen begins to swell. This is most likely due to
- A) the patient choking.
 - B) forceful compressions.
 - C) ventilation that was too forceful.
 - D) internal bleeding.
- 35) The most common signs and symptoms of musculoskeletal injuries include
- A) pain, swelling, discoloration, and deformity.
 - B) rapid heartbeat, respiration, and pain.
 - C) numbness and tingling in all extremities.
 - D) bleeding, shock, and paralysis.
- 36) Heart failure occurs when the heart is unable to pump blood efficiently. When the heart is unable to manage the blood volume in the circulatory system:
- A) fluids back up in the circulatory system, causing swelling and breathing problems
 - B) the heart beats faster, causing a decrease in blood pressure.
 - C) oxygenated blood cannot get to the heart muscle, causing chest pain
 - D) the heart stops beating and cardiac arrest occurs.
- 37) Nitroglycerine is a medication commonly prescribed to patients with angina pectoris. Nitroglycerine helps relieve cardiac chest pain because it:
- A) constricts the blood vessels, reducing the workload of the heart
 - B) dilates the blood vessels and reduces the workload of the heart
 - C) constricts the blood vessels, increasing blood pressure.
 - D) dilates the blood vessels and increases the workload of the heart
- 38) To perform adequate compressions for a child under 8 years of age:
- A) depress the sternum one-quarter to one-half the depth of the chest.
 - B) place the heel of one hand at the imaginary nipple line over the sternum.
 - C) place one hand on the midsternum and cover it with the other hand
 - D) use the ring and middle finger of one hand on the middle of the sternum
- 39) During adult CPR, compressions should be delivered at a rate of
- A) at least 100 per minute.
 - B) between 100-140 per minute.
 - C) Between 100 - 120 per minute.
 - D) 60 to 100 per minute.
- 40) When a blockage of the coronary arteries causes an area of heart muscle to die from lack of oxygen, it is called
- A) angina pectoris.
 - B) myocardial infarction.
 - C) cardiac arrest.
 - D) pericarditis.

- 41) You arrive at the scene of a motorcycle collision. A 19-year-old female patient is bleeding heavily from a wound to her lower leg. You are unable to control the bleeding with direct pressure. You should:
- A) elevate the injured leg to a 90-degree angle.
 - B) apply pressure to the femoral artery pressure point.
 - C) apply a tourniquet.
 - D) ask another responder to try holding pressure to stop the bleeding
- 42) A partial blockage or spasm of the coronary arteries that limits the supply of oxygenated blood to the heart muscle is known as:
- A) myocardial infarction.
 - B) heart failure.
 - C) angina pectoris.
 - D) chest pressure.
- 43) A man has collapsed at a restaurant and is unresponsive. Before you assist the patient, you must
- A) ensure that the scene is safe.
 - B) start CPR.
 - C) check for a pulse.
 - D) ask if the patient is okay.
- 44) A 53-year-old male patient has cut his leg with a chain saw. His airway is patent, he is breathing 18 times per minute with good tidal volume, and supplemental oxygen has been applied. Bleeding has been controlled with a tourniquet, and the patient is pale, diaphoretic, and anxious. You should:
- A) question bystanders.
 - B) treat the patient for shock.
 - C) gather a detailed medical history.
 - D) perform a reassessment.
- 45) You are on the way back to work when you see a child who has been struck by a vehicle and is unresponsive in the road. You begin care for her and call for advanced care to transport her to a nearby emergency department. You know she can be legally transported based on:
- A) implied consent.
 - B) Good Samaritan laws.
 - C) informed consent.
 - D) actual consent.
- 46) A 10-year-old male has a pencil impaled in his cheek. The wound is bleeding heavily, and the pencil appears to be blocking the airway. You should:
- A) gently push the pencil back through the cheek wall.
 - B) attempt to cut the pencil into a smaller section.
 - C) stabilize the pencil with bulky dressings.
 - D) rinse the inside of the mouth with water.
- 47) You are treating a 54-year-old male complaining of crushing chest pressure. He states that the pain started about 45 minutes ago and has gotten worse in the last 20 minutes. He also complains of nausea and is pale and sweaty. These signs and symptoms are consistent with:
- A) heartburn.
 - B) angina pectoris.
 - C) myocardial infarction.
 - D) congestive heart failure.
- 48) Patient confidentiality applies to all of the following situations EXCEPT:
- A) relaying concerns of abuse to appropriate authorities.
 - B) when the press has already reported the incident.
 - C) discussing the call with another fire crew who was not involved.
 - D) when you are alone with your spouse or a loved one.
- 49) How long can cells go without oxygen before irreversible cell death occurs?
- A) 12 to 16 minutes
 - B) 6 to 10 minutes
 - C) 16 to 20 minutes
 - D) 2 to 3 minutes

50) You have an unresponsive patient without a suspected spinal injury. The patient needs to be placed in a position so that fluids or vomitus can drain. The recommended position is the _____ position.

A) recovery

B) supine

C) semi-Fowler's

D) prone

Answer Key

Testname: 2018 EMT-M TEST A

- 1) C
- 2) C
- 3) D
- 4) D
- 5) A
- 6) D
- 7) A
- 8) B
- 9) D
- 10) B
- 11) B
- 12) B
- 13) B
- 14) A
- 15) C
- 16) B
- 17) D
- 18) A
- 19) A
- 20) A
- 21) A
- 22) C
- 23) A
- 24) A
- 25) C
- 26) C
- 27) B
- 28) D
- 29) A
- 30) D
- 31) D
- 32) B
- 33) B
- 34) C
- 35) A
- 36) A
- 37) B
- 38) B
- 39) A
- 40) B
- 41) C
- 42) C
- 43) A
- 44) B
- 45) A
- 46) A
- 47) C
- 48) A
- 49) B
- 50) A

EMT-Miner RE-CERTIFICATION CLASS MODULE - 2

The Well-Being of the EMT-Miner

Covers the emotional aspects of emergency medical care, stress management, introduction to Critical Incident Stress Debriefing (CISD), scene safety, body substance isolation (BSI), personal protection equipment (PPE), and safety precautions that can be taken prior to performing the role of a EMT Miner

At the completion of this lesson, the EMT Miner will be able to:

- List possible emotional reactions that the EMT-Miner may experience when faced with trauma, illness, death and dying.
- Discuss the possible reactions that (co-workers) a family member may exhibit when confronted with death and dying. .
- State the steps in the EMT-Miner's approach to the (co-worker) family confronted with death and dying.
- State the possible reactions that the (co-worker) family of the EMT Miner may exhibit.
- Recognize the signs and symptoms of critical incident stress.
- State possible steps that the EMT-Miner may take to help reduce/alleviate stress.
- Explain the need to determine scene safety.
- Discuss the importance of body substance isolation (BSI) .
- Describe the steps the EMT-Miner should take for personal protection from airborne and blood borne pathogens.

Legal and Ethical Issues

Explores the scope of practice, ethical responsibilities, advance directives, consent, refusals, abandonment, negligence, duty to act, confidentiality, medical identification symbols, and accident scenes.

At the completion of this lesson, the EMT Miner will be able to:

- Define the EMT Miner scope of care.
- Discuss the importance of Do Not Resuscitate [DNR] (advance directives) and local or state provisions regarding EMS application.
- Define consent and discuss the methods of obtaining consent.
- Differentiate between expressed and implied consent.
- Explain the role of consent of minors in providing care.
- Discuss the implications for the EMT Miner in patient refusal of transport.
- Discuss the issues of abandonment, negligence, and battery and their implications to the EMT Miner.

Cardiac Emergencies – CPR/AED

At the completion of this lesson, the EMT Miner student will be able to:

- List the reasons for the heart to stop beating.
- Define the components of cardiopulmonary resuscitation.
- Describe each link in the chain of survival and how it relates to the EMS system
- List the steps of one-rescuer adult CPR
- List the steps of two person CPR
- Describe the technique of external chest compressions on an adult patient.
- Describe the technique of external chest compressions on an infant.
- Describe the technique of external chest compressions on a child.
- Define the use and technique of using an Automatic External Defibrillator (AED)
- List the hazards of using an AED
- Explain when the EMT Miner is able to stop CPR.
- List the steps of two-rescuer adult CPR.
- List the steps of infant CPR.
- List the steps of child CPR.

SKILLS: (Follow steps in approved skill sheets)

- Provide One Person CPR
- Provide Two Person CPR
- Use of Automatic External Defibrillator

(Re-Certification in CPR/AED by a Nationally Recognized Certification Organization “American Heart Association, American Red Cross, Etc.”)

Airway

Addresses airway anatomy and physiology, how to maintain an open airway, pulmonary resuscitation, variations for infants and children, as well as patients with laryngectomies. The use of airways, suction equipment, and barrier devices will be discussed in this lesson. Also included is the management of foreign body airway obstructions

At the completion of this lesson, the EMT-Miner will be able to:

- Name and label the major structures of the respiratory system on a diagram.
- List the signs of adequate breathing.
- List the signs of inadequate breathing.
- Describe the steps in performing the head-tilt chin-lift.
- Relate mechanism of injury to opening the airway.
- Describe the steps in performing the jaw thrust.
- State the importance of having a suction unit ready for immediate use when providing emergency care.
- Describe the techniques of suctioning.
- Describe how to artificially ventilate a patient with a pocket mask.
- Describe the steps in performing the skill of artificially ventilating a patient with a bag-valve-mask while using the jaw thrust
- List the parts of a bag-valve-mask system.
- Describe the steps in performing the skill of artificially ventilating a patient with a bag-valve-mask for one and two rescuers.
- Describe the signs of adequate artificial ventilation using the bag valve-mask

Skills - Hands-On

- The student will be able to open the airway with the head-tilt chin lift maneuver.
- The student will be able to open the airway with the jaw thrust.
- The student will be able to provide mouth-to-mouth artificial ventilation.
- The student will be able to provide artificial ventilation of a patient with a pocket mask with oxygen.
- The student will be able to assembly of a bag-valve-mask.

Airway (Cont.)

- The student will be able to use a bag-valve-mask to artificially ventilate a non-neck injured patient (adult, child, and infant) with and without assistance.
- The student will be able to insert an oropharyngeal (oral) airway (adult, child, and infant) with and without tongue blade.
- The student will be able to insert a nasopharyngeal (nasal) airway.
- The student will be able to use a suction unit.
- The student will be able to use a nasal cannula.
- The student will be able to use a nonrebreather mask.
- The student will be able to set up oxygen tanks, regulators, and flowmeters. And administer oxygen

Bleeding and Soft Tissue Injuries

Reviews the cardiovascular system, describes the care of the patient with internal and external bleeding, and teaches the management of soft tissue injuries and burns. Techniques of dressing and bandaging wounds will also be taught in this lesson

At the completion of this lesson, the EMT Mining will be able to:

- Differentiate between arterial, venous, and capillary bleeding.
- State the emergency medical care for external bleeding.
- Establish the relationship between body substance isolation and bleeding.
- List the signs of internal bleeding.
- List the steps in the emergency medical care of the patient with signs and symptoms of internal bleeding.
- Establish the relationship between body substance isolation (BSI) and soft tissue injuries.
- State the types of open soft tissue injuries.
- Describe the emergency medical care of the patient with a soft tissue injury.
- State the emergency medical care considerations for a patient with an open wound to the abdomen.
- Describe the emergency medical care for an impaled object.
- State the emergency medical care for an amputation.
- List the functions of dressing and bandaging.

Skill Sheet

- Bleeding and Shock Skill Sheet



Emergency Medical Technician-Mining Refresher
Re-Certification Course Outline (Module 2)

SUBJECTS TO BE REVIEWED	<u>Approximate Time</u>
1. Introduction to Emergency Care Well Being of the EMT-M Medical/Legal-Ethical Issues	30 Minute
2. Lifting and Moving Patients Airway Management	30 Minute
3. Respiratory Emergencies Cardiac Emergencies	2 Hour
4. CPR/AED and Certification	2 Hour
5. Bleeding and Shock Soft Tissue Injuries Fractures (review)	2 Hour
STUDENT EXAMINATION – SKILLS Stations: CPR/AED Airway Management Bag Valve and Oxygen Bleeding and Shock	1 Hour
TOTAL HOURS	8



PRACTICAL SKILLS EVALUATION
EMT-MINING
AIRWAY MANAGEMENT

Student Name: _____
 (Print)

SKILL	Points Possible	Points Awarded	
Airway	Takes or verbalizes body substance isolation precautions	1	
	Opens the airway	1	
	Selects appropriate size airway adjunct (oral or nasal)	1	
	Measures airway appropriately	1	
	Selects appropriate size mask	1	
	Creates a proper mask-to-face seal	1	
	Using Bag Mask, Ventilates the patient with at least 800 ml per breath @ 10-12 breaths per minute. (Candidate must ventilate for at least 30 seconds)	1	
	Examiner indicates arrival of second EMT. Second EMT is instructed to ventilate the patient while candidate hooks up oxygen cylinder.		
	Candidate Installs regulator to oxygen tank assuring casket is in place	1	
	Opens oxygen valve checks for leaks and tank pressure	1	
	Applies oxygen hose to bag mask	1	
	Adjust flow rate to 15 liters per minute	1	
	Assist second rescuer – Creates a proper mask-to-face seal (<i>performs two person bag mask</i>)	1	
	Candidate Instructs second EMT to ventilate a proper volume/rate	1	
	NOTE: EXAMINER NOW STATES THAT PATIENT IS BREATHING ON HIS OWN		
	Candidate selects non rebreather face mask	1	
	Adjust liter flow to 15 liters per minute	1	
	Determines the proper placement of mask on patient	1	
TOTAL POINTS	16		

Critical Criteria: Failure to complete more than one of the following will result in failing this skill station

- _____ Did not take, or verbalize body substance isolation precautions when necessary
- _____ Did not maintain patient airway
- _____ Inserted airway adjunct in a manner dangerous to the patient
- _____ Did not properly ventilate
- _____ Did not provide high concentration of oxygen

Instructor Signature _____

Student Signature _____

Date _____



PRACTICAL SKILLS EVALUATION
EMT-MINING
BLEEDING AND SHOCK

Student Name: _____
 (Print)

SKILL		Points Possible	Points Awarded
BLEEDING	Takes or verbalizes body substance isolation precautions	1	
	Applies direct pressure to the wound	1	
	Elevates the extremity	1	
	Applies a dressing to the wound	1	
	Bandages the wound	1	
	<i>(The evaluator informs the student the wound continues to bleed.)</i>		
	Applies additional dressing to the wound	1	
	<i>(The evaluator informs the student the wound is still bleeding. The second dressing does not control bleeding.)</i>		
	Applies Tourniquet 2 inches above wound	1	
<i>(The evaluator informs the student the bleeding is controlled and patient is in compensatory shock.)</i>			
Treat for shock	1		
SHOCK	Applies high concentration of oxygen	1	
	Properly positions the patient	1	
	initiates steps to prevent heat loss from the patient	1	
TOTAL POINTS		11	

Critical Skills: Failure to complete more than one of the following will result in failing this skill station

- _____ Did not take, or verbalize body substance isolation precautions when necessary
- _____ Applies tourniquet before attempting other methods to control bleeding
- _____ Did not control hemorrhage in a timely manner
- _____ Did not indicate a need for immediate transportation

Instructor Signature _____

Student Signature _____

Date _____



Practical Skills Evaluation
EMT-MINING
CARDIAC ARREST MANAGEMENT / AED

Student Name: _____

(Print)

SKILL		Points Possible	Points Awarded
ASSESSMENT	Verbalizes body substance isolation precautions	1	
	Briefly questions rescuer to stop CPR	1	
	Verifies absence of spontaneous pulse- Examiner states "No Pulse"	1	
	Directs resumption of CPR	1	
	Turns on defibrillator power	1	
	Attaches automated defibrillator to patient	1	
	Directs rescuer to stop CPR and ensures all individuals are standing clear of the patient	1	
	Initiates analysis of rhythm	1	
	Delivers 1 shock	1	
TRANSITION	Directs the resumption of CPR	1	
	Gathers additional information on cardiac arrest event	1	
	Confirms effectiveness of CPR (ventilation and compression)	1	
INTEGRATION	Directs insertion of a simple airway adjunct	1	
	Directs ventilation of patient	1	
	Assures high concentration of oxygen connected to adjunct	1	
	Assures CPR continues without unnecessary interruption	1	
	Re-evaluates patient/CPR continues without unnecessary interruption	1	
	Repeats defibrillator sequence	1	
TRANSPORTATION			
	Verbalizes transportation of patient	1	
	TOTAL POINTS	19	

Critical Skills: Failure to complete more than one of the following will result in failing this skill station

_____ Did not take, or verbalize body substance isolation precautions when necessary

_____ Did not evaluate the need for immediate use of the AED

_____ Did not direct initiation/resumption of ventilations/compressions at appropriate time

_____ Did not assure all persons were clear of patient before delivering each shock

_____ Did not operate AED properly (inability to deliver shock)

Instructor Signature _____

Student Signature _____

Date _____