

# **Northwestern Health Sciences University**

## **Basic Life Support for Healthcare Providers**

Pretest

**May 2005**

This examination to be used only as a  
*PRECOURSE TEST*  
for BLS for Healthcare Providers Courses

## **Guidelines 2005 BLS for Healthcare Providers Course Written Examination Pretest**

- 1. While at work, you find an adult who has collapsed. No one is available to help. After you ensure that the scene is safe, what should you do next?**
  - a. Check for unresponsiveness; if the victim is unresponsive, activate the emergency response system (or phone 911) and get the AED if available
  - b. Phone 911 (or activate the emergency response system), then wait outside to direct the emergency responders
  - c. Open the airway with a tongue-jaw lift and perform 2 finger sweeps to check if food is blocking the airway
  - d. Perform CPR for 2 minutes, then phone 911
  
- 2. You work with an overweight 55-year-old male with no known history of heart disease. He begins to complain of sudden, severe, "crushing pain under his breastbone, in the center of his chest. The pain has lasted for longer than 5 minutes. What problem should you think of right away, and what should you do?**
  - a. Heartburn; tell him to take an antacid
  - b. Angina; phone his personal physician
  - c. Heart attack; phone 911
  - d. Arrhythmia; drive him to an Emergency Department
  
- 3. You witnessed the collapse of a 45 year-old-man. You are now performing CPR after sending someone to phone 911. You have done your best to ensure that the first 2 links in the Chain of Survival have been completed immediately. What is the third link in the chain, which will have the greatest effect on increasing this man's chance of survival?**
  - a. Arrival of paramedics who will administer drugs
  - b. Transportation of the man to a hospital
  - c. Arrival of a rescuer with a defibrillator
  - d. Arrival of EMS personnel who can do CPR

- 4. You have been talking with a 60-year-old man. He is alert and has been conversing normally. All at once he complains of a sudden weakness on one side of his face and in one arm. He is also having trouble speaking. What is the most likely cause of his problem?**
- a. A seizure
  - b. A heart attack
  - c. A stroke
  - d. Diabetic coma
- 5. You remove a 3-year-old from the bottom of the shallow end of a swimming pool. You find that she is limp and unresponsive. No other person is available to help. When should you phone 911?**
- a. After you have given the child 2 minutes of CPR
  - b. As soon as you remove the child from the pool
  - c. When you see that after several minutes of CPR there is no response
  - d. After giving a few ventilations and before beginning chest compressions
- 6. You are asked to help set up a public access defibrillation (PAD) program at a local shopping mall. The mall has purchased an AED. The mall personnel director asks, "If AEDs are so 'foolproof,' why do the security guards have to learn CPR and be trained to use the AED?" Which of the following is the best explanation for the need to train rescuers to perform CPR and use an AED?**
- a. Rescuers don't need to learn CPR if they can use an AED
  - b. Rescuers need to be able to verify the rhythm analyzed by the AED
  - c. Rescuers need to know when and how to use the AED safely and to perform the steps of CPR for unresponsive victims who are not in cardiac arrest
  - d. Rescuers will need to learn to maintain the AED and repair it if something goes wrong
- 7. You are called to a neighbor's house. Their child was found unresponsive in her bed with no sign of trauma. She is not responsive. How should you open her airway?**
- a. Place your fingers in her mouth and pull forward on the lower jaw
  - b. Do the jaw-thrust maneuver
  - c. Tilt her head and lift her chin
  - d. Pull her tongue forward
- 8. Before providing rescue breathing for an unresponsive patient, you must check for breathing. You do this by listening and feeling for airflow through the patient's nose or mouth and by**
- a. Looking into the patient's mouth to see if anything is blocking the airway
  - b. Shaking or tapping the patient's shoulder to stimulate him to breathe
  - c. Checking the pupils
  - d. Looking to see if the chest rises (and falls) as the patient breathes

- 9. Healthcare providers are cautioned to look for “adequate” breathing when they open the airway and check for breathing in an unresponsive patient. What is the best explanation for the requirement that the healthcare provider look for more than just the presence or absence of breathing?**
- Healthcare providers often mistake effective breaths for absence of breaths and they start rescue breathing unnecessarily
  - Most adult patients of cardiac arrest actually stop breathing before cardiac arrest, and the respiratory arrest precipitates the cardiac arrest
  - Many patients of sudden cardiac arrest actually have a foreign body in the airway, which will require that you check and confirm that breathing is adequate
  - Some patients may continue to demonstrate agonal or gasping breaths for several minutes after a cardiac arrest, but these breaths and breaths that are too slow or too shallow will not maintain oxygenation
- 10. You are in the cafeteria, where a woman appears to be in distress. She is grasping her throat with both hands. What should you do to find out if she is choking?**
- Give her 5 back slaps
  - Give her 5 abdominal thrusts
  - Ask her “Are you choking?” and look for any response
  - Shake her and shout “Are you OK?”
- 11. You are providing rescue breathing for a child using a bag-mask device. What action will confirm that each of your rescue breaths is adequate?**
- Determining the child’s weight, calculating the tidal volume, and delivering that amount of air
  - Observing the child’s chest rise with each rescue breath
  - Choosing the correct size bag-mask device, which will ensure delivery of adequate rescue breaths
  - Delivering breaths quickly with high peak inspiratory pressures
- 12. A 3-year-old child is eating in a playroom. She suddenly begins coughing repeatedly. Her cough then quickly becomes soft and weak. She is making high-pitched noises while breathing in and seems to be in respiratory distress. Her skin is a bluish color. What is the most likely cause of her distress?**
- An acute asthma attack causing a swelling of the airway
  - Severe or complete airway obstruction with inadequate air exchange
  - Infected and swollen vocal cords
  - A seizure from a possible head injury

- 13. You are performing rescue breathing with a bag-mask device and oxygen for a nonbreathing child that has a pulse. How often should you provide rescue breaths for the child?**
- Approximately once every 3-5 seconds (12-20 breaths per minute)
  - Approximately once every 5-7 seconds (9-12 breaths per minute)
  - Approximately once every 8-9 seconds (7-8 breaths per minute)
  - Approximately once every 10-12 seconds (5-6 breaths per minute)
- 14. You are performing 2-rescuer CPR. You are positioned at the patient's head. When you initially open the unresponsive patient's airway and find that he is not breathing adequately, how many initial breaths should you give?**
- 1
  - 2
  - 3
  - 4
- 15. You are at your friend's house. Your friends' grandmother is unresponsive and has stopped breathing. You are giving her mouth-to-mouth breathing. Which of the following statements is the best explanation for the positive effects of rescue breaths?**
- Rescue breaths help overcome any airway obstruction that may be blocking the airway
  - Rescue breaths will maintain a normal arterial oxygen content
  - Rescue breathing might help defibrillate the heart
  - Rescue breaths are a quick, effective way to provide oxygen to the victim
- 16. A 52-year-old man collapses at the fitness center after a workout. To determine whether he is in cardiac arrest, you should check for a pulse. What is the preferred site for a pulse check in this adult patient?**
- At the radial artery at the wrist
  - At the brachial artery of the arm
  - At the carotid artery of the neck
  - On the chest over the heart
- 17. Where should you place your hands on the chest of a patient when you are performing chest compressions?**
- On the top half of the breastbone
  - Over the heart, on the left side of the chest at the nipple line
  - Over the very bottom of the breastbone, on the xyphoid
  - On the lower half of the breastbone, at the nipple line in the center of the chest

- 18. You are performing CPR on an unresponsive man who was found in bed. What is your ratio of compressions to ventilations?**
- a. 30 compressions, then 2 ventilations
  - b. 5 compressions, then 1 ventilation
  - c. 15 compressions, then 2 ventilations
  - d. 30 compressions, then 5 ventilations
- 19. What is the correct rate or speed you should use to perform compressions for an adult patient of cardiac arrest?**
- a. A rate of 60 times per minute
  - b. A rate of 80 times per minute
  - c. A rate of 100 times per minute
  - d. A rate of 120 times per minute
- 20. A neighbor runs to you with his limp 5-year-old child. You verify that the child is unresponsive and send the neighbor to phone 911. You open the child's airway, determine that he is not breathing, and deliver 2 effective rescue breaths. You check for a pulse and find that the child has no signs of circulation. Which of the following choices best describes the techniques you should use to perform chest compressions on this child?**
- a. Use the thumb-side of your fist, cupped with the other hand
  - b. Use the heel of one hand or both hands, one on top of the other
  - c. Use the tips of 2 fingers
  - d. Use the palm and fingers of one hand
- 21. You and a colleague are attempting to resuscitate an unresponsive man who was found in a chair. After laying the patient supine on a hard surface, you open the airway and check for breathing. When you find no normal breathing you deliver 2 effective breaths. Next you check for a pulse and find no signs of circulation. What should you and your partner do next?**
- a. Attach an AED (if available) or begin chest compressions and cycles of compressions and ventilations
  - b. Deliver 5 abdominal thrusts
  - c. Check for signs of circulation again
  - d. Reposition the airway and reattempt rescue breaths

- 22. You are alone when you see a man collapse. You confirm that he is unresponsive and phone the emergency response number. There is no AED in sight. You return to the man and perform the steps of CPR. You open the airway and find that he has only agonal respirations. You deliver 2 effective breaths and check for a pulse. There are no signs of circulation, so you begin chest compressions. When should you recheck for signs of circulation?**
- After each compression-ventilation cycle
  - After the first compression-ventilation cycle
  - After about 5 minutes of CPR
  - When the patient begins to move
- 23. Which of the following most accurately characterizes when you should start chest compressions?**
- As soon as you find that there is no pulse
  - After you have reassessed the victim's breathing
  - After giving the 2 initial ventilations
  - Whenever you find an unresponsive person
- 24. When you perform CPR, how do your chest compressions and rescue breathing help the victim of sudden cardiac arrest?**
- CPR decreases the need for coronary artery bypass
  - CPR forces the heart in ventricular fibrillation to return to a normal heart rhythm
  - CPR has no effect on survival
  - Immediate CPR provides a flow of oxygen-rich blood to the heart and brain and "buys time" until defibrillation
- 25. A 7-year-old boy is struck by a car in front of your house. You find him unresponsive and bleeding from a wound on his forehead. How should you open his airway?**
- By tilting his head and lifting his chin
  - Jaw thrust with cervical spine immobilization
  - By sweeping out his mouth and pulling forward on his tongue
  - By not moving him at all because he might have a broken neck