

Academy Make Up Day 6 Exam

1. The circulatory system consists of which of the following?
 - a. Heart, brain, and blood
 - b. Blood, heart and brain
 - c. Blood vessels, heart, and brain
 - d. Heart, blood, and blood vessels
2. Escape of blood from arteries, veins or capillaries is called _____
3. True/False: uncontrolled bleeding, whether internal or external, is a life threatening emergency.
4. Match column A with the correct description in column B:

A	B
i. Arterial	a. Darker red color, oozing and spontaneous clotting
ii. Venous	b. Bright red color, spurting, failure to clot or stop easily, and decrease in pressure as patient's blood pressure drops due to decreased blood volume.
iii. Capillary	c. Darker red color, steady flow, and easier to stop

5. How do control external bleeding?
6. Explain internal bleeding and how you might know if someone is experiencing it.
7. When dealing with internal bleeding what care can be given?
8. _____ and _____ are the two most commonly used items to control external bleeding.
9. What is the difference between the two answers in question 8?
10. _____ is another name for shock.
11. Describe shock:

12. Shock is an inevitable result of a serious _____ or _____.

13. _____ and _____ are one of the most common signs of shock.

14. Expand on these acronyms

E	B	A
N	S	B
A	I	C
M		
E		

15. List the steps for caring for shock:

16. Soft wound injuries can be either open or closed, what is the difference between the two and give examples of both.

17. Match the following from column A with the correct type of open wound from column B.

<u>A</u>	<u>B</u>
a. Skin is rubbed away, bleeding is easily controlled, area is painful, dirt can enter wound	i. Abrasion
b. Cut usually from sharp object, has jagged or smooth edges, deep ones can affect fat and muscle, bleed freely, and not always immediately painful.	ii. Avulsion
c. Portion of skin and soft tissue is partially or completely torn away, skin may remain attached but hangs like a flap, bleeding is usually heavy because avulsions involve deeper soft tissue layers.	iii. Amputation
d. Complete severing of a body part, damage to tissue is sever, bleeding is not usually bad as blood vessels constrict and retract to slow bleeding, severed body parts should be collected, wrapped in sterile dressing, placed in a plastic bag, and placed on ice.	iv. Puncture
e. Skin is pierced with pointed object, external bleeding is not severe, but internal bleeding may be. If object remains in wound, referred to as embedded object.	v. Laceration

18. How would you care for a closed wound?

19. If a victim has an embedded object in their wound how would you care for it?

20. What might indicate that a wound has an infection?

21. Match the following from column A with the correct type of open wound from column B.

<u>A</u>	<u>B</u>
1. Superficial (1 st degree)	a) Involves injuring dermis and epidermis and is often red and blisters that may open and weep clear fluid. Swelling to burn area, heals in 3-4 weeks, may result in scarring.
2. Partial thickness (2 nd degree)	b) Destroys both layers of skin as well as underlying structures such as muscle, fat, bones, and nerves. May look black brown or charred with tissues underneath appearing white. Can be life threatening. Takes longer to heal and usually results in scarring.
3. Full Thickness (3 rd degree)	c) Involves epidermis, top layer of the skin. Skin is red and dry, heals within a few days without scarring. Often causes swelling in burn area.

22. The rule of _____ is a common method for estimating what percentage of the body is affected by burns and is used to communicate with EMS about how much of the body is burned

23. Using the rule from question 22 what are the proper percentages for each body part?

Head	Right Arm
Front	Left Leg
Back	Right Leg
Left Arm	Groin

24. For this rule, what areas are different on a child versus an adult and what are the percentages?

25. Blunt trauma, traumatic asphyxia, rib fractures, and flail chest are all types of _____ injuries.

26. Severe shortness of breath, chest pain, and rapid possibly irregular pulse are all signs and symptoms of _____ trauma.

27. Leaning toward side of fracture, hand or arm pressing over injured area, and shallow breathing are all signs and symptoms of _____.

28. Leaning toward side of fracture, hand or arm pressing over injured area, severe/difficulty breathing and shock are all signs and symptoms of _____.

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29. How would you care for a sucking chest wound injury?

30. What is an occlusive dressing?

Impaled Object in the Chest

31. True/False: Always remove the object.

32. True/False: Remove clothing to expose the wound.

33. True/False: Control bleeding by applying direct pressure to the edges of the wound, do not avoid direct pressure on the object.

34. True/False: Use a sterile, bulky dressing to help hold the object in place, carefully packing the dressing around the object.

35. True/False: Secure the sterile bulky dressing in place with gauze, a cravat, or tape.

36. List the signs and symptoms of abdominal injuries:

-
-
-
-
-
-
-
-
-
-

37. How would you care for a victim with a closed abdominal injury?

38. How would you care for a victim with a open abdominal injury?

Genital Wounds

39. True/False: If a male or female has a wound on their genitals you should wrap it in soft sterile saline-moistened dressing.
40. True/False: If a male has an open wound on his penis you should apply sterile dressing and avoid pressure.
41. True/False: If a male or female has a wound on their genitals you should apply a cold compress.
42. True/False: If a female has a wound on her genitals you should use a diaper-like dressing for the wound.
43. _____ is the most frequently injured shoulder bone. How do people usually try to ease the pain for this injury?
44. How would you treat a shoulder injury?
45. _____ is the longest bone in the arm and can be fractured at any point although it is most commonly broken at the upper end near the shoulder or in the middle. These fractures are very painful and prevent the victim from moving the arm. They may have considerable deformity.
- Shoulder
 - Scapula
 - Humerus
 - Elbow
46. How would you treat upper arm injuries?
47. _____ injuries can be made worse by movement because of the large number of nerves and blood vessels in this area.
- Shoulder
 - Scapula
 - Humerus
 - Elbow
48. How would you treat the injury in question 47?

49. _____ fractures are often called hip fractures even though the hip joint is not involved. A leg with this fracture may appear shorter than the other leg because the thigh muscles contract in and cause the bone ends to overlap. The injured leg may also be turned outward. These fractures can cause serious internal bleeding, which may result in life threatening shock.

50. How would you care for lower extremity injuries?

51. _____ is very vulnerable to injury, deep lacerations in the area can cause joint infections later. Sprains, fractures, and dislocations are especially common with athletic injuries.

- a. Ankle/foot
- b. Elbow
- c. Knee
- d. Toe

52. How would you treat the injury from question 51?

53. When dealing with _____ injuries it is important to treat all injuries as if they were serious because it is difficult to distinguish between minor and sever injuries.

- a. Ankle/foot
- b. Elbow
- c. Knee
- d. Toe

54. How would you treat the injury from question 53?

55. List the different types of splints:

- S _____
- R _____
- T _____
- C _____
- V _____
- A _____

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56. List some general rules for splinting:

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57. List some instances when you might suspect a head, neck, and back injury:

58. What are signs and symptoms of a head neck and back injury

59. Generally, injuries involving only soft tissue damage to the head, neck or back should be cared for like other wounds, control bleeding with direct pressure. The exceptions to this are _____ injuries and _____ fractures, in which case you would NEVER apply pressure.

60. True/False: For a nosebleed pinch the nostrils and have the person lean backwards.

61. True/False: For teeth that are knocked out, place the teeth in milk or water until they can be replanted by a medical professional.

62. For a head, neck, and back injury do not position the head inline if:

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63. When is the only time you should remove a victim's helmet in a head, neck, and back injury scenario and how should it be done?

64. Practice your arm signals used to direct another lifeguard doing a rescue in the water.

65. Review Skills for:

Head, Neck or Spinal Injury in Shallow Water

Active Victim Deep Water

Submerged Passive Victim in Deep Water—Timed Responses