



F.D.N.Y. - E.M.S.
Bureau of Training

CFR Program
Exam Study Guide

January 2016 – v.2

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Introduction to EMS

1. Which of the following is not included in the fundamental attributes of a functioning Emergency Medical Services (EMS) System?
 - a. Human resources
 - b. Public education
 - c. Standardize curricula
 - d. Prevention

2. Updating standards for dispatching are included in which of the following components of the Emergency Medical Services System?
 - a. Communication Systems
 - b. Legislation and Regulation
 - c. Human Resources
 - d. Clinical Care

3. Which of the following skills are usually **NOT** performed by First Responders?
 - a. Providing initial airway care
 - b. Assessing for life-threatening conditions
 - c. Performing life-saving skills such as CPR
 - d. Administering medications such as epinephrine and nitroglycerin

4. Which of the following First Responders is **NOT** acting appropriately?
 - a. A First Responder who yells at bystanders who have approached a patient
 - b. A First Responder who exercises three times a week
 - c. A First Responder who calms a crying child who was involved in a motor vehicle crash
 - d. A First Responder who keeps a clean jacket or jumpsuit to put on when responding from his work as a mechanic

5. Which of the following First Responders is **NOT** demonstrating appropriate behavior?
- a. The First Responder who places the patient's safety before his or her own
 - b. The First Responder who holds a patient's hand to show emotional support
 - c. The First Responder who attends a refresher course to maintain skill levels
 - d. The First Responder who attends CE courses to maintain knowledge
6. Which of the following is properly demonstrating behavior expected of a First Responder?
- a. The First Responder who allows a family member to disrupt the assessment of and provision of patient care
 - b. The First Responder who goes into a scene with "shots fired" before the police arrive
 - c. The First Responder who performs skills learned in a CE course but that are not included in local protocol
 - d. The First Responder who continues to assist with patient care as requested by advanced care providers
7. The formal relationship between the EMS providers and the physician responsible for the prehospital medical care in a community best defines which of the following terms?
- a. Direct medical control
 - b. Indirect medical control
 - c. Medical oversight
 - d. Medical practice act

8. Which of the following is **TRUE** of medical oversight?
- a. Only services that provide advanced care need medical oversight.
 - b. The physician providing medical oversight is often referred to as the medical director.
 - c. First Responders act independently of physicians in most cases.
 - d. It requires First Responders to contact a physician before providing any care.
9. All of the following are **TRUE** of direct medical control **EXCEPT** ____.
- a. It is also called “online,” “base station,” “immediate,” or “concurrent” medical control.
 - b. To use medical control, you may use the radio or telephone or have direct contact with the physician at the scene.
 - c. The only way to be under direct medical control is for the physician to be at the scene.
 - d. It allows a First Responder to communicate directly with a physician.
10. Which of the following is **FALSE** regarding indirect medical control?
- a. It occurs when a First Responder calls for orders over the radio or with the phone.
 - b. It is also called “offline,” or “prospective” medical control.
 - c. It includes all the activities that are not direct medical control.
 - d. It may include providing quality assurance.
11. A First Responder initiates treatment according to protocols. This is an example of which of the following terms?
- a. Concurrent medical control
 - b. Direct medical control
 - c. Indirect medical control
 - d. On-line medical control

12. Which term represents the first designated level of professional emergency medical care?
- Emergency Medical Technician
 - Emergency Medical Responder (CFR)
 - Advanced Emergency Medical Technician
 - Paramedic
13. The laws or regulations that protect licensed health care providers who give emergency assistance in good faith as long as they do not commit negligent, willful, or wanton acts of misconduct or omissions or charge for their services are referred to as which of the following?
- Good Samaritan laws
 - Emergency Medical Services regulations
 - Medical oversight laws
 - First Responder protection regulations
14. Failure to continue giving care until you have transferred that care to someone of equal or higher training is best described by which of the following terms?
- Refusal
 - Abandonment
 - Implied treatment
 - Indirect medical care

Intro to EMS : Answer Key

1	C	6	D	11	C
2	A	7	C	12	B
3	D	8	B	13	A
4	A	9	C	14	B
5	A	10	A	15	~

Well-Being of the Emergency First Responder

1. Emotions commonly experienced by Emergency First Responders, patients, and family members in a stressful situation include all the following **EXCEPT**:
 - a. Anxiety
 - b. Pain
 - c. Depression
 - d. Patience

2. You respond to a major motor vehicle crash. Two patients are severely injured. You begin breathing fast and notice your pulse is racing. You feel tense and start to shake. Which of the following statements is **TRUE** about these feelings?
 - a. These feelings are abnormal and not commonly experienced by First Responders.
 - b. These feelings are abnormal and you should report them to your partner immediately.
 - c. These feelings are normal signs of anxiety in a stressful situation.
 - d. These feelings are normal but are not usually experienced by First Responders at a major incident.

3. You respond to the scene of a patient with difficulty breathing. The patient has lung cancer. You try to put oxygen on him and he yells at you. He complains that you didn't do it right. The patient is presenting with which of the following stages of grief?
 - a. Denial
 - b. Anger
 - c. Bargaining
 - d. Depression

4. Which of the following include the five stages of grieving that may be experienced by persons involved with death and dying?
 - a. Denial, anger, bargaining, depression, acceptance
 - b. Guilt, indecisiveness, joy, depression, isolation
 - c. Acceptance, comfort, anxiety, guilt, irritability
 - d. Isolation, respect, comfort, relief, depression

5. Which of the following steps should you take in your approach to the family confronted with death and dying?
 - a. Reassure them that the patient will be fine and not to worry.
 - b. Limit the control you provide to the patient and family.
 - c. Reassure them that everything is being done to help.
 - d. Be prepared for everyone to be angry as they often pass through the same stages together.

6. Emergency First Responders respond to the scene of a child involved in a motor vehicle crash. The child has been severely injured and dies while the First Responder is caring for her. Which of the following is true of this situation?
 - a. The Emergency First Responder caring for this child may complain of sleep disturbances, distressing dreams, anger, or changes in eating habits.
 - b. This is not the type of incident that Emergency First Responders have difficulty managing or dealing with afterward.
 - c. This is a disaster and a disaster team should be activated to assist the Emergency First Responder in managing this situation.
 - d. This is a stressful incident but will not require the use of a critical incident stress debriefing team.

7. Which of the following steps can an Emergency First Responder take to reduce stress?
- Eat a balanced diet, maintain family and friend time, reduce consumption of caffeine and alcohol.
 - Maintain your regular consumption of caffeine and alcohol, reduce protein intake, limit family and friend time.
 - Sleep as much as needed even if it seems excessive, focus on work, and limit outside activities.
 - Control and suppress your feelings, decrease any additional requirements on your time, have an occasional drink to relax.
8. At the scene of a motor vehicle crash the patient is trapped in the vehicle. With which of the following hazards should the Emergency First Responder be concerned?
- The possibility of sharp metal and glass
 - Exposure to the patient's blood
 - The possibility that the vehicle may be leaking harmful fluids
 - All of the above
9. Which of the following is **TRUE** of standard precautions?
- Standard Precautions are necessary only when the Emergency First Responder knows the patient has an infectious disease.
 - Use of Standard Precautions are primarily designed to protect the Emergency First Responder from blood-borne infections.
 - Standard Precautions is necessary because as an Emergency First Responder, some of the most serious hazards you may face are invisible.
 - Immunizations such as tetanus and HBV can be taken instead of using Standard Precautions.

10. You are responding to a local nursing care home. Your patient is an elderly male with pneumonia. The nursing staff informs you that the patient has tuberculosis. As an Emergency First Responder, which of the following actions should you take?
- Wear gloves and a HEPA mask
 - Wear a gown, gloves, and eye protection
 - Wear utility gloves and a surgical mask
 - Obtain a tuberculosis immunization
11. Which of the following immunizations are recommended for all healthcare providers?
- Tetanus
 - Hepatitis B
 - Measles, mumps, and flu
 - All of the above
12. You are transporting a child with meningitis. Your partner recommends you fill out an exposure report. Which of the following is **NOT** a part of the standard reporting process?
- The date and time you were exposed
 - What type of body fluid you were exposed to
 - How much body fluid you were exposed to and the who the source was
 - Previous exposures and results
13. You respond to a possible “shooting.” Which of the following statements is **FALSE**?
- Personal protective equipment such as gloves, mask, and gown should be considered.
 - Do not enter the scene until it has been secured by law enforcement.
 - Avoid disturbing anything at the scene when possible.
 - Delay treating the patient until his or her clothing has been secured for evidence.

14. Which of the following scenes would be safe for an Emergency First Responder to enter?
- a. A frantic family member calls you into a home in which shots have been fired.
 - b. A group of people motion you into a crowd for the victim of a stabbing.
 - c. A patient lying in a pool of unknown chemicals calls to you for help.
 - d. A police officer directs you to the victim of a family altercation.
15. You are preparing to disinfect the stretcher used by a patient who was bleeding from an open chest wound. You should do which of the following?
- a. Wash the stretcher with a soap and water mixture.
 - b. Clean the stretcher with a bleach and water mixture.
 - c. Use a sterile saline solution.
 - d. Clean the area with chemicals that cause a thermal reaction.

Well Being : Answer Key

1	D	6	A	11	D
2	C	7	A	12	D
3	B	8	D	13	D
4	A	9	C	14	D
5	C	10	A	15	B

Medical - Legal

1. The Emergency First Responder **scope of care** is best defined by which of the following statements?
 - a. The care an Emergency First Responder may perform according to state law.
 - b. The obligation an Emergency First Responder has to respond to the scene and provide care.
 - c. The legal authority to perform any medical care.
 - d. The care outlined in the protocol for individual patient problems.

2. Which of the following is **TRUE** of the **standard of care** for a First Responder?
 - a. The standard of care is what a reasonably prudent First Responder would do in similar circumstances.
 - b. The standard of care is different for every Emergency First Responder and is determined by medical direction.
 - c. The Department of Transportation Emergency First Responder Curriculum determines the national standard of care.
 - d. The standard of care is the same for all levels of EMS personnel.

3. You respond to the home of an elderly gentleman. His wife gives you a Do Not Resuscitate (DNR) document . Assuming your state recognizes this document in the prehospital setting, which of the following statements is **TRUE**?
 - a. The DNR cannot be revoked in the field.
 - b. If the patient is breathing and has a pulse, you should not provide medical care.
 - c. If the patient is not breathing and does not have a pulse, you should not provide medical care.
 - d. Contact medical control before initiating any treatment.

4. You respond to the scene of a patient involved in a bicycle collision. You ask the patient if you may examine and treat her. You explain that you want to apply a cervical collar because the patient's neck may be injured. You inform the patient that the collar may be uncomfortable. The patient agrees. This is an example of which type of consent?
- Assumed consent
 - Expressed consent
 - Involuntary consent
 - Implied consent
5. You respond to the scene of an 8-year-old child who was struck by a car. The parents are unavailable. The child is found in the street. You begin to treat the child. This is an example of which of the following types of consent?
- Informed consent
 - Expressed consent
 - Involuntary consent
 - Implied consent
6. Which of the following statements **BEST** describes the difference between expressed and implied consent?
- Implied consent applies only to patients who are refusing care, and expressed consent involves patients who verbally consent to treatment.
 - With expressed consent a patient consents to treatment in writing, whereas with implied consent a patient consents to treatment verbally.
 - Expressed consent can be obtained only from incompetent patients or minors, and implied consent is obtained from competent patients.
 - Implied consent is granted when a patient is unconscious or is a minor without an available parent or guardian, and expressed consent is verbally agreeing to treatment.

7. Which of the following is **TRUE** regarding the care of minors?
- a. Consent for treatment must always be obtained from the parents prior to initiating treatment.
 - b. Any minor can legally give consent for treatment, whether the parent is present or not.
 - c. An emancipated minor may be legally capable of consenting to medical treatment.
 - d. Emancipated minors are able to give implied consent.
8. Which of the following would be an example of abandonment?
- a. An Emergency First Responder begins caring for a patient at the scene and turns the patient over to the Paramedic after giving a report.
 - b. An Emergency First Responder arrives on the scene at the same time as the Paramedic crew. The Paramedic crew begins treating the patient. The First Responders get and respond to another call.
 - c. An Emergency First Responder responds to a call for an ill person. As the EMT-Basic crew arrives, the First Responders leave to a motor vehicle crash without giving a report.
 - d. An Emergency First Responder is caring for a patient when the EMT-Intermediate crew arrives. The First Responders inform the crew of the care given to the patient.
9. Which of the following meets all of the criteria to prove negligence?
- a. A First Responder responds to a patient with difficulty breathing. Care is provided according to protocol. The patient's breathing gets worse and the patient stops breathing.
 - b. A First Responder cares for a child with the flu and treats the child according to protocol. The child dies later at the hospital with meningitis.
 - c. An First Responder applies a splint according to protocol to a patient with a broken arm. After the splint is applied the patient tells the First Responder, "My arm hurts and my fingers are tingling." The Emergency First Responder assures the patient but does not evaluate the splint. The patient sustains nerve damage to the involved arm.
 - d. On scene of a motor vehicle accident, the patient is cared for, but spinal immobilization is not applied, and protocol is not followed. The patient recovers without complications.

10. Failing to provide the expected standard of care to a patient that leads to further injury is best defined by which of the following terms?
- Abandonment
 - Assault
 - Battery
 - Negligence
11. Leaving a patient before another healthcare provider has assumed responsibility for that patient is best defined by which of the following terms?
- Abandonment
 - Assault
 - Battery
 - Negligence
12. Touching or striking a person without that person's consent is best defined by which of the following terms?
- Abandonment
 - Assault
 - Battery
 - Negligence
13. The legal obligation to provide medical care is best defined by which of the following terms?
- Medical control
 - Duty to act
 - Standard of care
 - Advance directive

14. To have a duty to act, which of the following conditions must be met?
- Federal, state, or local statutes require you to act.
 - Your service has a contract to respond.
 - You have volunteered to respond in given circumstances.
 - All of the above
15. Which of the following Emergency First Responders is maintaining proper patient confidentiality?
- An Emergency First Responder who discusses the last call he ran with the paramedics at the current scene
 - An Emergency First Responder who releases a patient's record to a police officer who was not at the scene
 - An Emergency First Responder who informs the emergency physician caring for the patient that the patient admitted to using cocaine
 - An Emergency First Responder who discusses a call with a crew member at a local restaurant

Medical - Legal : Answer Key

1	A	6	D	11	A
2	A	7	C	12	C
3	C	8	C	13	B
4	B	9	C	14	D
5	D	10	D	15	C

Documentation and Communications

1. The two most important elements of a well-written prehospital care report are:
 - a. Chronology and accuracy.
 - b. Legibility and completeness.
 - c. Clarity and accuracy.
 - d. Accuracy and completeness.

2. Information you receive concerning the patient's condition can be told to:
 - a. The general public.
 - b. A friend or any relative.
 - c. Reporters as requested.
 - d. Appropriate emergency department staff.

3. Which of the following represents the best "nonjudgmental" documentation of a suspected case of alcohol intoxication on a prehospital care report?
 - a. The patient appeared intoxicated with an alcohol-like compound.
 - b. There was an alcohol-like smell on the patient's breath.
 - c. The patient was speaking as if he was intoxicated.
 - d. The patient was extremely intoxicated.

4. Which of the following is routinely included on a prehospital care report?
 - a. Police officer's names
 - b. Administrative information
 - c. Age of EMT
 - d. Mechanical condition of ambulance

5. Which statement does not indicate that empathy is being demonstrated by the Emergency First Responder?
- Sounds like you are...
 - I understand ...
 - I imagine that must be...
 - I understand that must make you feel...
6. All of the following are elements of nonverbal communication except:
- Body position
 - Eye contact
 - Use of nonmedical language
 - Tone of voice
7. Any process that hinders or prevents the successful completion of the communication process is called:
- Faulty messaging
 - Faulty decoding
 - Ineffective encoding
 - Interference
8. You are managing a patient who has significant hearing impairment. Which of the communication techniques is most appropriate to ensure communication is successful?
- Speak slowly while facing the patient
 - Raise you voice while facing the patient
 - Exaggerate lip movement to help with lip reading
 - Repeat words and phrases until the patient understand you

9. You are gathering past medical history information from a patient who is having extreme difficulty breathing. Which type of questions is best to use in this situation?
- Family member-focused
 - Bystander-focused
 - Closed-ended
 - Open-ended
10. You are treating a 9-year-old male who appears to have fractured his lower leg after falling off a bicycle. Which represents the best approach to communication with this child?
- Move the child to the ambulance for privacy
 - Allow the family to stay near the child
 - Distract the child from any pain with a toy
 - Always stand up when talking
11. Which of the following is true concerning communication systems?
- Portable radios have a transmission range of about 20 miles.
 - Base stations rely on repeaters to increase power.
 - Cellular telephones are secure devices and cannot be monitored.
 - Repeaters increase the transmission range of mobile radios.
12. Which government agency is responsible for regulating radio communications in the United States?
- FCC
 - IAFF
 - OSHA
 - IAFC

13. Which of the following may be a violation of patient confidentiality?
- Providing the address of the patient during a handoff report
 - Telling a rescue member from a different crew about a patient you treated
 - Discussing patient treatment with your rescue partner after giving the handoff report
 - Providing patient demographic information during a CISD session

Documentation and Communications – Answer Key

1	D	6	C	11	D
2	D	7	D	12	A
3	B	8	A	13	B
4	B	9	C	14	~
5	B	10	B	15	~

Anatomy and Physiology

1. Which of the following statements best describes the respiratory system?
 - a. It uses blood to carry oxygen and nutrients to the cells and to remove waste products.
 - b. It controls the voluntary and involuntary activities of the body.
 - c. It secretes hormones to assist the body with its activities.
 - d. It takes in oxygen and delivers it to the blood.

2. The respiratory system contains which of the following structures?
 - a. Oropharynx, nasopharynx, epiglottis, trachea, larynx, lungs, bronchi, and alveoli
 - b. Arteries, veins, capillaries, and the heart
 - c. Brain, spinal cord, motor nerves, and sensory nerves
 - d. Skull, facial bones, vertebra, thorax, ribs, bones in the extremities, and the pelvis

3. Which of the following statements best describes the circulatory system?
 - a. It uses blood to carry oxygen and nutrients to the cells and to remove waste products.
 - b. It controls the voluntary and involuntary activities of the body.
 - c. It gives the body shape and assists with movement.
 - d. It takes in oxygen and delivers it to the blood.

4. The cardiac system contains which of the following structures?
 - a. Oropharynx, nasopharynx, epiglottis, trachea, larynx, lungs, bronchi, and alveoli
 - b. Arteries, veins, capillaries, and the heart
 - c. Brain, spinal cord, motor nerves, and sensory nerves
 - d. Skull, joints, vertebra, thorax, ribs, muscles, and the pelvis

5. Which of the following statements best describes the musculoskeletal system?
 - a. It uses blood to carry oxygen and nutrients to the cells and to remove waste products.
 - b. It controls the voluntary and involuntary activities of the body.
 - c. It gives the body shape and assists with movement.
 - d. It takes in oxygen and delivers it to the blood.

6. The musculoskeletal system contains which of the following structures?
 - a. Oropharynx, nasopharynx, epiglottis, trachea, larynx, lungs, bronchi, and alveoli
 - b. Arteries, veins, capillaries, and the heart
 - c. Brain, spinal cord, motor nerves, and sensory nerves
 - d. Skull, joints, vertebra, thorax, ribs, muscles, and the pelvis

7. Which of the following statements best describes the nervous system?
 - a. It uses blood to carry oxygen and nutrients to the cells and to remove waste products.
 - b. It controls the voluntary and involuntary activities of the body.
 - c. It gives the body shape and assists with movement.
 - d. It takes in oxygen and delivers it to the blood.

8. The nervous system contains which of the following structures?
- Oropharynx, nasopharynx, epiglottis, trachea, larynx, lungs, bronchi, and alveoli
 - Arteries, veins, capillaries, and the heart
 - Brain, spinal cord, motor nerves, and sensory nerves
 - Skull, joints, vertebra, thorax, ribs, muscles, and the pelvis
9. A recommended place to listen to the heart is on the ____ chest.
- Anterior
 - Posterior
 - Inferior
 - Superior
10. The spine is located on the ____ part of the body.
- Anterior
 - Posterior
 - Inferior
 - Superior
11. A child fell from her bike and has swelling just above her ankle. Which of the following would you document?
- Swelling noted proximal to the ankle
 - Swelling identified superior to the knee
 - Swelling observed proximal to the knee
 - Swelling found distal to the ankle

12. You find a patient who was hiking and fell. You notice deformity and swelling of his left upper arm. Which of the following would you document?

- a. Deformity and swelling of the left upper arm distal to the elbow
- b. Deformity and swelling of the left upper arm inferior to the elbow
- c. Deformity and swelling of the left upper arm medial to the shoulder
- d. Deformity and swelling of the left upper arm distal to the shoulder

13. Where is the liver located?

- a. Upper right quadrant of the abdomen
- b. Upper left quadrant of the abdomen
- c. Lower right quadrant of the abdomen
- d. Lower left quadrant of the abdomen

14. Your patient has a wound on the chest and is having trouble breathing. Your primary concern is which body system?

- a. Endocrine system
- b. Respiratory system
- c. Nervous system
- d. Cardiovascular system

15. Your patient has spilled hot coffee on her hand. Burns are primarily associated with which body system?

- a. Integumentary system
- b. Respiratory system
- c. Nervous system
- d. Endocrine system

Anatomy and Physiology – Answer Key

1	D	6	D	11	A
2	A	7	B	12	D
3	A	8	C	13	A
4	B	9	A	14	B
5	C	10	B	15	A

Lifting and Moving Patients

1. The safest and most effective way to use your body as an advantage when lifting and moving something can be best described by which of the following terms?
 - a. Power lift
 - b. Power grip
 - c. Body mechanics
 - d. Extrication

2. Which of the following is true of body mechanics?
 - a. Use of stretchers and equipment to move patients best describes body mechanics.
 - b. The way a Emergency First Responder uses her or his body to lift and move patients and equipment best describes body mechanics.
 - c. The best approach to lifting loads too heavy for an individual is to use good body mechanics.
 - d. Body mechanics is the process of using mechanical devices to lift a patient.

3. Which of the following should the Emergency First Responders consider before determining how much help they may need when moving a patient?
 - a. The weight of the patient
 - b. Their own abilities and physical limitations
 - c. The terrain and distance they need to carry the patient
 - d. All of the above

4. Which of the following statements is **TRUE**?
- a. In general, you should use your back instead of your legs to lift.
 - b. You should keep the weight of an object as close to your body as possible.
 - c. Your body should move as separate pieces to maintain your balance.
 - d. You should lift with your arms whenever possible.
5. Which of the following statements reflects using a good technique to lift a patient on a backboard?
- a. Squatting with feet shoulder width apart to lift the backboard
 - b. Keeping knees together while lifting
 - c. Keeping the patient's weight away from the body
 - d. Lifting using the back muscles
6. Which of the following is **NOT** an indication for an emergency move?
- a. There is an immediate danger to the patient if the patient is not moved.
 - b. Life-saving care cannot be given because of the patient's location or position.
 - c. Access cannot be gained to other patients in a vehicle who need life-saving care.
 - d. The patient needs stabilization to limit damage from a spinal cord injury.
7. Four First Responders are carrying a 250-pound patient on a backboard. They are lifting the patient on the backboard out of a ditch. The patient is lifted roughly and is unbalanced. Which of the following steps could the First Responders have taken to avoid this incident?
- a. Do not lift the patient, drag him from the ditch.
 - b. Communicate so everyone knows what is happening with the lift.
 - c. Keep the back in a locked position to keep from twisting.
 - d. Use less help to make communication easier.

8. Which of the following statements is true if more than one person is lifting a patient?
- Lift the feet first.
 - Lift the head first.
 - Lift the body as a unit
 - Asynchronously lift the body.
9. Which of the following is **TRUE** of the power grip?
- An overhand grip is used.
 - Your hands should be at least 30 inches apart.
 - The palms of your hands should be in complete contact with the object.
 - You should use the same technique to lower the device.
10. Which of the following statements is **TRUE** of emergency carries?
- All carries require at least two rescuers.
 - It is better to work with someone larger than you whenever possible.
 - Both rescuers should try to keep the patient as close to their bodies as possible during the carry.
 - A completely different set of body mechanics is used for carries.
11. Which of the following is an appropriate action to take when transferring a supine patient from a bed to a stretcher using the direct carry method of transfer?
- The wheeled stretcher is positioned along the side of the bed.
 - The providers stand on each side of the stretcher and face each other.
 - The providers lift the patient to the edge of the bed and then to the stretcher.
 - With straight arms, the providers lift the patient directly to the stretcher.
12. A carrying device that splits into two pieces called a ____ stretcher.

- a. Portable
- b. Scoop
- c. Flexible
- d. Basket

13. The preferred method of transporting a patient down a flight of stairs is with which of the following devices?

- a. Wheeled stretcher
- b. Stair chair
- c. Basket stretcher
- d. Short backboard

Lifting and Moving Patients – Answer Key

1	C	6	D	11	C
2	B	7	B	12	B
3	D	8	C	13	B
4	B	9	C		
5	A	10	C		

Airway Management and Ventilation

1. The ____ carries air to the lungs and branches into the left and right bronchi.
 - a. Bronchioles
 - b. Mouth
 - c. Mediastinum
 - d. Trachea

2. Which of the following patients is **NOT** showing signs of respiratory distress?
 - a. A 69-year-old male complaining of weakness who is breathing 26 times a minute with gurgling respirations
 - b. A 10-year-old girl breathing 18 times a minute with minimal effort
 - c. A 4-year-old boy breathing 12 times a minute with cyanosis
 - d. An 88-year-old female breathing 22 times a minute with minimal air exchange and depth

3. Which of the following statements describes the proper technique to open the airway in a non-breathing patient?
 - a. Keep the head neutral and open the mouth of a 71-year-old cardiac arrest patient.
 - b. Hyperextend the neck and lift the chin of a 6-month-old near-drowning child.
 - c. Tilt the head and lift the jaw forward in a 7-year-old victim of a bicycle crash.
 - d. Keep the head neutral and lift the jaw of a 22-year-old victim of a fall.

4. You are at a party when an elderly female collapse and is not breathing. You get out your pocket mask. Which of the following is **TRUE** for the use of a pocket mask?
- Seal the mask over the patient's nose and mouth until the patient starts to breathe.
 - Place the mask over the patient's nose and mouth and ventilate until you feel the air leak around the mask.
 - Seal the mask over the patient's nose and mouth and ventilate until the chest rises.
 - Remove the patient's false teeth, loosely cover the patient's mouth and nose with the mask, and ventilate with small puffs of air.
5. Which of the following is **TRUE** of the jaw-thrust technique?
- It is an easier technique than the head-tilt chin lift.
 - The jaw-thrust technique without head-tilt lift is the safest technique for patients with a possible spinal injury.
 - It should be used for all responsive trauma patients.
 - It is the technique of choice for cardiac arrest patients.
6. Which of the following patients requires suctioning?
- A 6-month-old patient with grunting
 - A 5-year-old patient with stridor
 - A 44-year-old patient with wheezing
 - A 74-year-old patient with gurgling
7. You are helping an EMT crew ventilate a patient with a bag-valve-mask device. Each time the patient receives a breath you feel air coming from the mask. Which of the following statements describes the best action to take?
- Make sure oxygen is attached to the bag.
 - Increase the oxygen flow to the bag.
 - Hold the mask more firmly on the face.
 - Use less pressure when squeezing the bag.

8. Which patient is being adequately ventilated?
 - a. A 5-year-old female is pale and cyanotic, but her chest does not move with ventilations.
 - b. A 72-year-old male's chest does not move, but his abdomen is getting larger.
 - c. A 4-month-old girl's chest is moving with ventilations and she is starting to move around.
 - d. A 28-year-old male's chest is not moving and it is difficult to ventilate the patient.

9. You have been ventilating a patient. The patient starts to vomit. Which of the following statements describes the best action to take?
 - a. Position the patient on his back and use a finger sweep to clear his airway.
 - b. Position the patient on his back and use a whistle tip suction to remove the vomit.
 - c. Turn the patient to his side and use a suction catheter to clear the vomit.
 - d. Turn the patient face down and use a suction catheter to clear the vomit.

10. You respond to the scene of a 9-month-old male who stopped breathing after having a seizure. Which of the following actions should be performed?
 - a. Perform mouth-to-mask ventilations with puffs of air until the patient's chest rises.
 - b. Hyperextend the neck and begin mouth-to-barrier ventilation.
 - c. Provide supplemental oxygen.
 - d. Open the patient's airway and complete a finger sweep.

11. Which of the following patients should receive a nasopharyngeal airway?
 - a. A 66-year-old male who has snoring respirations and a gag reflex
 - b. A 24-year-old male who is not breathing and does not have gag reflex
 - c. An 82-year-old female who is breathing 18 times a minute and has a gag reflex
 - d. A 5-year-old female who is breathing 24 times a minute and is conscious

12. Which of the following patients should receive an oropharyngeal airway?
- a. A 66-year-old male who has snoring respirations and a gag reflex
 - b. A 24-year-old male who is not breathing and does not have a gag reflex
 - c. An 82-year-old female who is breathing 18 times a minute and has a gag reflex
 - d. A 5-year-old female who is breathing 24 times a minute and is conscious
13. A high-pitched whistling sound that is heard as a patient inhales is best defined by which of the following terms?
- a. Dyspnea
 - b. Apnea
 - c. Stridor
 - d. Wheezing
14. A whistling sound heard when a patient exhales is best defined by which of the following terms?
- a. Dyspnea
 - b. Apnea
 - c. Stridor
 - d. Wheezing
15. A patient working harder to breathe can be described by which of the following terms?
- a. Dyspnea
 - b. Apnea
 - c. Stridor
 - d. Wheezing

Airway Management and Ventilation – Answer Key

1	D	6	D	11	A
2	B	7	C	12	B
3	D	8	C	13	C
4	C	9	C	14	D
5	B	10	A	15	A

Patient Assessment

1. Which of the following describes scene size-up?
 - a. It is a quick evaluation of the entire scene.
 - b. It begins with taking information on the patient history.
 - c. It begins with patient care.
 - d. It begins when you ask for additional resources.

2. Which of the following hazards would you expect to find at a medical emergency?
 - a. Infectious disease
 - b. Broken glass
 - c. Traffic hazards
 - d. Unreleased air bags

3. You arrive on the scene and find a motor vehicle crash with a spider web crack in the windshield. You should suspect which of the following injuries?
 - a. Head and neck injuries
 - b. Abrasions from airbag deployment
 - c. Clavicle fractures
 - d. Lower extremity injuries

4. You respond to a 16-year-old victim of a low-speed motorcycle crash. The victim was wearing a helmet. Which of the following injuries should you consider for this victim?
 - a. Lower extremity injuries
 - b. Severe head injuries
 - c. Major upper extremity injuries
 - d. Significant multisystem trauma

5. Which of the following is a **TRUE** statement regarding the general impression of a patient?
- It is useful when determining the severity of a patient.
 - It is useful only when assessing a critical patient.
 - It is primarily used to triage patients.
 - It is useful only when deciding which patients require advanced care.
6. Which of the following statements is **TRUE**?
- A 3-year-old child who opens his eyes and watches you, but does not move when you ask, would be considered unresponsive.
 - An 82-year-old man who knows his name and the date, but not what happened, would be considered alert and oriented.
 - A 3-month-old child with a dull stare who does not respond to her parents would be considered to have an altered level of consciousness.
 - A 24-year-old person who yells and screams at you, but will not answer questions or obey commands, is considered alert.
7. Which of the following is true when assessing the level of consciousness?
- A sleeping infant who cried when you touched her would be unresponsive to painful stimuli.
 - A child who did not wake up or move when you called his name or pinched him would be unresponsive.
 - An infant who opens her eyes and watches you but does not move when you talk to her would be disoriented.
 - An adult who was awake and talking when you entered the room would be verbal on the AVPU scale.

8. Which of the following statements indicates that the patient has an adequate airway?
- A 2-month-old child with stridor when she breathes
 - A 16-year-old male with wheezing on expiration
 - An 86-year-old man with snoring respirations
 - A 4-year-old child with a respiratory rate of 22
9. Which of the following patients is breathing normally?
- A 1-year-old female with symmetrical equal chest movement and no use of accessory muscles
 - A 54-year-old female with symmetrical chest movement at a respiratory rate of 30 breaths per minute
 - A 3-month-old child with nasal flaring and grunting
 - A 59-year-old man with intercostal muscle use who is cyanotic
10. Which of the following is the correct way to measure a pulse?
- Use your thumb to feel the pulse in the wrist.
 - Press hard with two fingers to feel the carotid pulse.
 - Use two fingers to check the pulse in the wrist.
 - Count the beats in 30 seconds and multiply by 4.
11. You find a patient with external bleeding. Which of the following describes the best action you should take?
- Ignore it until the detailed assessment regardless of the severity.
 - Identify it, but recognize bleeding is not considered life threatening.
 - Treat it immediately if severe, as it may be a life-threatening condition.
 - Treat all bleeding as life threatening and a priority for advanced level care.

12. Which of the following is **TRUE** of prioritizing patients for transport?
- a. Patients should be transported based on the injury that looks the most severe.
 - b. Patients should be transported based on life-threatening airway, breathing, or bleeding emergencies.
 - c. Patients are difficult to prioritize so all patients should be rapidly transported to the emergency department by advanced life support crews.
 - d. First Responders cannot determine how severe a patient's condition is and the need for transport.
13. Which of the following is the goal of a focused history?
- a. Ruling out life-threatening injuries
 - b. Assessing the body thoroughly for injuries
 - c. Identifying past or additional medical problems
 - d. Associating the mechanism of injury with patient findings
14. Which of the following describes the purpose of the focused physical examination?
- a. Ruling out life-threatening injuries
 - b. Assessing the body thoroughly for injuries
 - c. Identifying past or additional medical problems
 - d. Associating mechanism of injury with patient findings
15. The mnemonic DOTS may be used during your assessment. What does DOTS stand for?
- a. Deformities, Open injuries, Tenderness, Swelling
 - b. Disability, Obstruction, Trauma, Severity
 - c. Difficulty breathing, Onset, Time of incident, Severity of complaint
 - d. Distal pulses, Original time of incident, Thorough palpation, Symptoms

16. Constricted pupil response often indicates which of the following?
- Hypoxia
 - Drug exposure
 - Death
 - Head injury
17. You respond to a scene and arrive shortly after the first unit. When you get on the scene, you notice that one of the responders has applied an occlusive dressing to the patient's neck. Which of the following assessment findings would the responder be treating?
- Possible cervical spine injury
 - Swelling of the neck tissue
 - Open wound to the neck
 - Shifted trachea
18. You respond to a skiing incident. The patient is complaining of difficulty breathing. To assess the chest, you should do which of the following?
- Compare the two sides of the chest.
 - Palpate only the side of the chest on which the patient complains of pain.
 - Identify open wounds and notify advanced providers so they can manage the wound.
 - Inspect and palpate the anterior chest as wounds to the back are rare.
19. Your patient was involved in a crash while riding an all-terrain vehicle. Which of the following should you consider as you assess the pelvis and lower extremities?
- Crepitus on palpation of the pelvis is a normal finding.
 - Pelvic injuries are usually mild and not life threatening.
 - Distal pulses such as pedal or radial pulses should be palpated to evaluate the circulation.
 - Extremity injuries may be dramatic and should always be a treatment and assessment priority.

20. You are giving a report to the on-coming crew. They ask you for the patient's vital signs. You would report on which findings?
- The patient's respirations, pulse, skin signs, blood pressure, and pupils
 - The patient's airway, breathing, and disability
 - The patient's allergies, last oral intake, and events leading up to the problem
 - The patient's primary complaint, breathing and circulation status
21. Your patient is a 12-year-old boy with asthma. You ask the patient if he has any medication allergies. You are asking which of the following?
- A—on the SAMPLE assessment
 - M—on the SAMPLE assessment
 - S—on the DOTS assessment
 - A—on the AVPU assessment
22. You respond to a 7-year-old boy who crashed his scooter. He is awake and has a laceration to his right leg with minimal bleeding. He denies pain in his neck and shoulder. Respirations are unlabored and equal. Assessment for this patient would include which of the following?
- Completing only an initial assessment with frequent reassessments
 - Assessing for other injuries before treating his laceration
 - Direct pressure to control the bleeding and packaging for transport before further assessment
 - Treating his laceration and then assessing for other injuries that may be life threatening

23. You respond to the scene of a patient with difficulty breathing. On arrival you find a cyanotic patient with a weak pulse and no breathing. Which of the following actions should you take?

- a. Open the airway and complete an initial assessment.
- b. Assess for other problems before managing his airway and breathing.
- c. Open the airway and assist breathing, reassessing his airway and breathing and circulation frequently.
- d. Complete a thorough head-to-toe assessment before you open the airway and initiate breathing.

24. You respond to the scene of a child who fell from a rock-climbing wall. She fell about 12 feet and landed on her back. You hear snoring respirations. You stabilize the cervical spine and do which of the following?

- a. Use a jaw thrust to prevent further injury due to the mechanism of injury.
- b. Use a head-tilt jaw-thrust to open the airway due to the mechanism of injury.
- c. Monitor the patient until ALS care arrives, since other maneuvers are outside your scope of practice.
- d. Apply oxygen and place the patient in the recovery position as you continue your initial assessment.

Patient Assessment – Answer Key

1	A	9	A	17	C
2	A	10	C	18	A
3	A	11	C	19	C
4	A	12	B	20	A
5	A	13	C	21	A
6	C	14	B	22	B
7	B	15	A	23	C
8	D	16	B	24	A

CPR and AED

1. Which of the following are components of cardiopulmonary resuscitation (CPR)?
 - a. Recognition and early access, early CPR, defibrillation, early advanced care
 - b. Rescue breathing and external chest compression
 - c. Placing the automated external defibrillator (AED), clearing the patient, defibrillation
 - d. Absence of pulse, absence of breathing

2. Which of the following statements is **TRUE** of rescue breathing?
 - a. It moves oxygen into the lungs where it can move through the body.
 - b. It requires external compression to work.
 - c. It is used only in nonbreathing patients.
 - d. It should not be supplemented with oxygen.

3. Which of the following statements is **TRUE** of external compressions?
 - a. They work as effectively as the patient's own heart.
 - b. They move the blood throughout the body.
 - c. They become more effective the longer you continue.
 - d. They help to sustain life indefinitely.

4. Ventricular fibrillation is best corrected by which of the following?
 - a. Recognition and Early Access
 - b. Early CPR
 - c. Defibrillation
 - d. Early Advanced Care

5. You respond to a patient who is found lying in bed. The family tells you they cannot wake him. What is your first step?
 - a. Open the airway with a head-tilt chin-lift
 - b. Establish unresponsiveness
 - c. Provide rescue breathing
 - d. Check for signs of circulation

6. As a single rescuer you initiate CPR on an adult. You should perform compressions and respirations at which ratio?
 - a. 30 compressions to 2 ventilations
 - b. 30 ventilations to 1 compressions
 - c. 15 compressions to 2 ventilation
 - d. 15 ventilations to 1 compression

7. Your patient is a 6-month-old infant in cardiopulmonary arrest. You initiate CPR. Compressions should be performed using which of the following?
 - a. Two fingers
 - b. One thumb
 - c. One hand
 - d. Two hands

8. You should compress the chest of a 3-month-old infant at what rate?
 - a. 40-60 / minute
 - b. 60-80 / minute
 - c. 80-100 / minute
 - d. 100-120 / minute

9. You should compress the chest of an 8-month-old child at what depth?
- 2 inches
 - 1 1/2 inches
 - 1/3–1/2 depth of the chest
 - 1/4 inches
10. As a single rescuer, you should perform compressions and respirations at what ratio on a 4-month-old child?
- 30 compressions to 2 ventilations
 - 30 compressions to 1 ventilation
 - 15 compressions to 2 ventilations
 - 15 compressions to 1 ventilation
11. Your patient is a 4-year-old child in cardiopulmonary arrest. You initiate CPR. Compressions should be performed using which of the following?
- Two fingers
 - One thumb
 - One hand
 - Two hands
12. You should compress the chest of a 6-year-old child at what depth?
- 2 inches
 - 1 1/2–2 inches
 - 1/3–1/2 depth of the chest
 - 1/4 inches

13. As two rescuers, you should perform compressions and respirations at what ratio on an 8-year-old child?
 - a. 30 compressions to 2 ventilations
 - b. 30 compressions to 1 ventilation
 - c. 15 compressions to 2 ventilations
 - d. 15 compressions to 1 ventilation

14. When can an Emergency First Responder stop CPR?
 - a. When effective breathing and circulation have returned
 - b. When care is transferred to an equally trained person or when a greater trained person takes over
 - c. CPR cannot be stopped in the field by an Emergency First Responder
 - d. Both a and b

15. Your crew has initiated CPR on a patient. An AED is applied. What should you do while the patient is being analyzed?
 - a. Continue CPR
 - b. Attach the pads to the patient
 - c. Not touch the patient
 - d. Continue palpating a pulse until the shock is delivered.

CPR and AED – Answer Key

1	B	6	A	11	C
2	A	7	A	12	A
3	B	8	D	13	C
4	C	9	B	14	D
5	B	10	A	15	C

Medical Emergencies

1. You are dispatched to an “ill person.” On arrival, you find a 64-year-old patient who tells you he just doesn’t feel well. He is anxious and breathing at 26 times per minute, pulse 96 and regular, blood pressure (BP) 128/92. He tells you he used his inhaler for his breathing. He is shaky and his skin is pale, cool, and sweaty. Which of the following do you suspect is his primary problem?
 - a. Difficulty breathing/respiratory
 - b. Chest pain/cardiac
 - c. Altered level of consciousness/neurological
 - d. Behavioral/psychiatric

2. Emergency First Responders assess a 42-year-old male who complains of chest tightness. He tells you the discomfort goes into his arm and jaw. He is a little short of breath and feels nauseated. Which of the following is most likely this patient’s primary problem?
 - a. Difficulty breathing/respiratory
 - b. Chest pain/cardiac
 - c. Altered level of consciousness/neurological
 - d. Behavioral/psychiatric

3. Care for a patient with difficulty breathing and a history of asthma would include which of the following?
 - a. Encourage the patient to lay flat, suction as needed
 - b. Encourage the patient to use his or her inhaler, position of comfort, oxygen, reassure
 - c. Position of comfort, high concentration oxygen, apply an automated external defibrillator (AED)
 - d. Recovery position, small sips of warmed fluids, low concentration oxygen

4. Care for a patient with chest pain would include all of the following **EXCEPT** _____.
 - a. Oxygen as needed
 - b. Position of comfort
 - c. Encourage patient to walk off the pain
 - d. AED as needed

5. Which of the following patients does **NOT** have an altered mental status?
 - a. A 1-year-old patient who points to his injured foot when asked where he hurts but does not speak
 - b. A 16-year-old patient who mumbles “Where am I?” when asked his name
 - c. A 64-year-old patient who yells obscenities when asked what happened
 - d. An 82-year-old patient who tells you it is morning when it is actually evening

6. Which of the following is **NOT** a component of the Cincinnati Prehospital Stroke Scale?
 - a. Ask the patient to show his or her teeth or smile.
 - b. Have the patient close his or her eyes and hold out both arms for 10 seconds.
 - c. Have the patient say “You can’t teach an old dog new tricks.”
 - d. Shine a light in the patient’s eyes to assess for equality and reactivity.

7. Your patient is a 73-year-old female who is complaining of weakness on her left side. As you assess her, she tells you the weakness is going away. You note her grip is stronger than when you arrived. You suspect which of the following?
 - a. Stroke
 - b. Transient ischemic attack (TIA)
 - c. A behavioral emergency
 - d. She was faking it

8. Which of the following conditions would potentially cause an altered mental status in a patient?
- Fever, infections, psychiatric conditions
 - Poisoning, low blood sugar, head injury, decreased oxygen to the brain
 - All of the above
 - None of the above
9. You respond to a patient who is confused and is nauseated and vomiting. The family tells you he is an insulin-dependent diabetic. They tell you he has been sick a few days and is getting worse. He appears dehydrated. You suspect which of the following?
- Hyperglycemia
 - Hypoglycemia
 - The flu with no diabetic problems
 - An acute abdomen with no diabetic problems
10. Which of the following statements is **TRUE** of a seizure?
- It may be caused by problems such as fever, infections, and low blood sugar.
 - The body may have convulsions and may stiffen and violently jerk.
 - The patient may be incontinent of stool and urine and sleepy after the seizure.
 - All of the above
11. Care for a patient with seizures includes which of the following?
- Move dangerous objects away, protect privacy, restrain the patient as needed
 - Suction as needed, do not restrain the patient, oxygen as needed
 - Place the patient in the recovery position after the seizure, place an oral airway
 - Maintain a safe environment, place a bite block to maintain the airway

12. Your patient is complaining of abdominal pain and is nauseated and vomiting. What other signs and symptoms may be present and suggestive of an acute abdomen?
- Abdominal guarding and shock
 - Loss of control of bladder and bowel
 - Loss of sensation to the affected area
 - Difficulty breathing and headache
13. You are called to the home of 24-year-old male who was discharged from the hospital today. He had a fracture of his femur and pelvis and has been immobile for a period of time in the hospital. He complains of sudden onset of chest pain on the right side. The pain is sharp and stabbing. He is also complaining of difficulty breathing. His lungs are clear and the pain is worse when he takes a deep breath. You suspect he has which of the following conditions?
- Myocardial infarction
 - Angina
 - Pulmonary emboli
 - Congestive heart failure
14. You are dispatched to an office complex. You find a 56-year-old female with chest pain. She tells you the pain came on when she was walking up the stairs to her office. The pain was a dull ache in her chest but is almost gone now that she has been sitting down resting. You suspect she has which of the following conditions?
- Myocardial infarction
 - Angina
 - Pulmonary emboli
 - Congestive heart failure

15. You are dispatched to the home of a patient who is threatening to kill himself. Which of the following is your first action?
- Do not enter until police officers arrive.
 - Try to talk calmly to the patient.
 - Distract the patient so your partner can restrain him.
 - Explain to the patient what you are doing.

Medical Emergencies – Answer Key

1	A	6	D	11	B
2	B	7	B	12	A
3	B	8	C	13	C
4	C	9	A	14	B
5	A	10	D	15	A

Bleeding, Soft Tissue Wounds, and Shock Management

1. Which of the following statements describes arterial bleeding?
 - a. Bright red blood spurting from a laceration
 - b. Darker red blood flowing from a laceration
 - c. Dark red blood oozing from abrasions
 - d. Clotted blood in a wound

2. Which of the following statements describes venous bleeding?
 - a. Bright red blood spurting from a laceration
 - b. Darker red blood flowing from a laceration
 - c. Dark red blood oozing from abrasions
 - d. Clotted blood in a wound

3. Your patient is a 7-year-old child who was hit on the head with a baseball. He has a wound on his left forehead that is bleeding profusely. Which of the following describes the first action you should take?
 - a. Clean the wound and apply a dressing.
 - b. Apply direct pressure to the area.
 - c. Rinse the area with sterile water.
 - d. Apply pressure to the pressure points.

4. You are caring for a patient with a large laceration to his foot. A dressing is in place, but it is soaked with blood. Which of the following describes the correct action to take?
 - a. Remove the dressing and apply another in its place.
 - b. Apply pressure to the dressing.
 - c. Apply an additional dressing on top and then apply pressure.
 - d. Apply a tourniquet.

5. Your patient was the driver of a motorcycle that crashed as he was leaving a party. He had been drinking and was obviously intoxicated according to witnesses. He is lying on his side mumbling that his leg hurts. His skin is cool, pale, and moist. He has a small laceration to his lower leg and some abrasions to his arms. He is breathing 36 times per minute and his heart rate is 136. His radial pulse is weak. Which of the following do you suspect?
- The patient is drunk and his wounds are minor.
 - The patient may be going into shock from the injuries to his arms and leg.
 - The patient may be going into shock from internal bleeding.
 - The patient is stable, and you should control the bleeding from his arms and leg.
6. Which of the following are considered signs and symptoms of internal bleeding?
- Slow pulse, warm dry skin
 - Slow breathing, slow pulse, cool dry skin
 - Fast breathing, fast pulse, warm dry skin
 - Fast breathing, fast pulse, cool moist skin
7. Your patient is a 22-year-old male who fell 20 feet while rock climbing. He is complaining of abdominal pain and has a fractured left arm. He is cool, pale, and sweaty. He is breathing 24 times per minute and his radial pulse is 118 and weak. Care for the patient would include which of the following?
- Low concentration oxygen and splinting his arm
 - Spinal stabilization, high concentration oxygen via nonrebreather mask, keeping the patient warm, and stabilizing the arm
 - Spinal stabilization and low concentration oxygen
 - Low concentration oxygen, keeping the patient warm, and reassuring him

8. You respond to a child who fell from a slide. He has an obviously deformed forearm and has scrapes on his hands and knees that are oozing a small amount of blood. The scrapes are referred to as ____.
- Abrasions
 - Contusions
 - Lacerations
 - Avulsions
9. A factory worker has caught his arm in a piece of machinery. A large flap of tissue is hanging loose on his upper arm. The flap of tissue is referred to as a(n) ____.
- Abrasion
 - Avulsion
 - Amputation
 - Laceration
10. Your patient has a gunshot wound to the chest. Which of the following dressings would be most appropriate?
- Gauze with direct pressure
 - Occlusive dressing with direct pressure
 - Thick, moist dressing
 - Occlusive dressing with an opening to let the air escape
11. You respond to a restaurant fire. The cook has been burned by a grease fire. She has blistered burns to her hands, forearms, and chest. These burns would be considered ____.
- noncritical burns and require application of a dry sterile dressing
 - critical burns and require application of a dry sterile dressing
 - critical burns and require breaking of the blisters and application of a moist dressing
 - noncritical burns and require application of moist sterile dressings

12. Which of the following actions should you take for a chemical burn patient?
- Chemical burns occur only as a result of skin contact, so eye protection and gloves should be adequate for chemical burn scenes.
 - Dry powder should be flushed with water immediately to remove the chemical.
 - Cover the burns with sterile saline-soaked dressings as soon as you arrive.
 - Flush the patient's eyes with copious amounts of water for at least 20 minutes.
13. Which of the following statements is **FALSE**?
- One of the most important priorities in electrical burns is scene safety.
 - Electrical burns may cause an irregular heart beat, so an AED may be necessary.
 - Electrical burns often follow the body's nerves and blood vessels.
 - The patient's internal injuries are often much less severe than the external injuries.
14. Which of the following statements is **TRUE**?
- Roller gauze is an example of a dressing.
 - Bandages are held in place by dressings.
 - Tape and triangular bandages are secure types of dressings.
 - A dressing is a protective or supporting covering placed on an injured part.
15. Your patient is a 3-year-old child who pulled a hot cup of coffee off a table onto herself. She has superficial and partial thickness burns to her right thigh and lower leg. Priorities for this patient include which of the following?
- Managing her airway as it may close off from the swelling.
 - Keeping her warm as burns can contribute to hypothermia in children.
 - Dressing the wound with moist sterile dressings.
 - Notifying police as most childhood burns are the result of child abuse.

Bleeding, Soft Tissue Wounds, and Shock Management

Answer Key

1	A	6	D	11	B
2	B	7	B	12	D
3	B	8	A	13	D
4	C	9	B	14	D
5	C	10	D	15	B

Musculoskeletal Injuries

1. Which of the following statements is **FALSE** regarding the musculoskeletal system?
 - a. Muscles have a blood and nerve supply, but bones do not.
 - b. It gives the body shape.
 - c. It protects the vital organs and provides movement.
 - d. It includes the bones, muscle, and connective tissue.

2. Which of the following statements is **TRUE** regarding the anatomy of the musculoskeletal system?
 - a. The axial skeleton is made up of the bones of the extremities.
 - b. The appendicular skeleton supports most on the weight of the body.
 - c. The bones of the upper extremity are the humerus, ulna, and radius.
 - d. The bones of the lower extremity are the pelvis, vertebra, and thorax.

3. Your patient was crushed between a truck and a loading dock. His pelvis was fractured. Which of the following is a concern?
 - a. He may have injured his digestive organs.
 - b. His urinary organs may be damaged.
 - c. He may have significant bleeding and shock.
 - d. All of the above

4. Which of the following statements is **TRUE** regarding the muscular system?
 - a. It consists of four types of muscle tissue.
 - b. Smooth muscle is connected to bone.
 - c. Cardiac muscle is voluntary muscle.
 - d. Involuntary muscle helps you breathe.

5. Which of the following statements is **TRUE**?
- a. A fracture is another name for a strain.
 - b. Fractures rarely damage nearby soft tissue.
 - c. Fractures are closed injuries.
 - d. It is often difficult to differentiate a fracture from a dislocation.
6. An injury in which the ligaments are stretched or torn is called a ____.
- a. sprain
 - b. strain
 - c. dislocation
 - d. contusion
7. When a muscle is pulled near a joint, it is referred to as a ____.
- a. sprain
 - b. strain
 - c. dislocation
 - d. contusion
8. When a bone is separated from its normal position in a joint, it is referred to as a ____.
- a. sprain
 - b. strain
 - c. dislocation
 - d. contusion

9. Your patient was playing football when he was tackled by another player. He is complaining of left knee pain. You should manually stabilize his knee by doing which of the following?
- Supporting the bones distal and proximal to the injury.
 - Holding his ankle and not letting him move his leg.
 - Supporting the joints proximal to his knee.
 - Pulling slight traction from his knee.
10. You respond to a patient who was involved in a motor vehicle crash. She was not restrained and is complaining of neck pain and difficulty breathing. Which of the following should you do to manually stabilize the cervical spine?
- Hold her head still and tilt her neck to help maintain her airway.
 - Slightly flex her neck until resistance or pain is felt.
 - Hold her head still with her eyes forward and the neck hyperextended.
 - Place her in an eyes forward neutral position and hold her head still.
11. Which of the following patients is **LEAST** likely to have a neck injury?
- A 16-year-old patient who dove off a dock into shallow water
 - A 54-year-old patient found unresponsive at the foot of a staircase
 - An unrestrained 28-year-old driver of a car in a motor vehicle crash
 - A 26-year-old man who was stabbed in the chest
12. Which of the following signs and symptoms is most commonly associated with a head/brain injury?
- Irregular breathing pattern
 - Altered mental status
 - Loss of normal speech
 - All of the above

13. Which of the following treatments are indicated for head injury patients with minor bleeding?

- a. Manual stabilization of the head and neck, head tilt to maintain the airway, low concentration oxygen
- b. Stabilize the spine, jaw thrust, high concentration oxygen, stop the bleeding and fluid loss from ears
- c. Stabilize the spine, jaw thrust, high concentration oxygen, control external bleeding
- d. Assist ventilations as needed, do not control any bleeding as it may increase intracranial pressure

14. Lightly pressing on a finger and asking a patient whether he can feel it is an appropriate method to assess which of the following?

- a. Circulation
- b. Sensation
- c. Movement
- d. Tenderness

Musculoskeletal Injuries – Answer Key

1	A	6	A	11	D
2	C	7	B	12	D
3	D	8	C	13	C
4	D	9	A	14	B
5	D	10	D		

Childbirth

1. The passageway from the womb to the vaginal opening is called the ____.
 - a. ovary
 - b. birth canal
 - c. fallopian tube
 - d. uterus

2. What structure is attached to the uterus and provides the fetus with oxygen and nutrients?
 - a. Ovary
 - b. Womb
 - c. Placenta
 - d. Embryo

3. As the baby's head delivers, you should check around the neck for the structure that connects the fetus to the mother. This structure is called the ____.
 - a. Placenta
 - b. umbilical cord
 - c. fallopian tube
 - d. birth canal

4. The fluid-filled structure that protects the growing fetus is called the ____.
 - a. fallopian tube
 - b. Ovary
 - c. birth canal
 - d. amniotic sac

5. Your partner assesses a pregnant patient and tells you crowning is present. What does this mean?
- The baby's head is at the vaginal opening.
 - The amniotic sac has ruptured.
 - Contractions have started.
 - The placenta is delivering.
6. You respond to a 22-year-old female who is 12 weeks pregnant and is having severe abdominal cramps. She is having vaginal bleeding and is passing clots of blood. You suspect which of the following?
- She is term and in labor.
 - She is having postpartum hemorrhage.
 - She has a placenta previa.
 - She is having a spontaneous abortion.
7. Your patient is a 30-year-old female who is pregnant. She is full term and is having intense contractions every 2 to 3 minutes. Her bag of waters has ruptured and the fluid is clear. The contractions last 60 to 90 seconds and she feels like pushing. This situation suggests which of the following?
- False labor
 - Bloody show
 - Delivery is imminent.
 - She is having complications with her labor.
8. You should take all the following actions to prepare a patient for delivery **EXCEPT** _____.
- visually inspect the vaginal area
 - insert a gloved hand into the vagina to check for baby positioning
 - protect the patient's modesty by covering her with drapes
 - provide emotional support to the patient and the family

9. Which of the following should you do when you see the baby's head crowning?
- Place the palm of your hand on the baby's head and exert gentle pressure.
 - Have the mother push between contractions.
 - Observe the delivery and prepare to suction the baby.
 - Check around the neck for the cord.
10. The baby has delivered. Which of the following actions should you take?
- Check the cord for pulsation before clamping.
 - Keep the baby positioned above the level of the uterus.
 - Massage the mother's uterus.
 - Encourage the mother to keep pushing until the placenta delivers.
11. You are helping to deliver a baby. The head delivers with this contraction, but the body does not. As per NY City Protocol, which of the following actions should you take once the infant's head delivers?
- Observe the baby until the next contraction.
 - Suction the mouth and nose.
 - Place your hand into the vaginal opening.
 - Wipe the nose and mouth, but do not suction.
12. Once the baby delivers, you should do which of the following?
- Dry the baby and keep his or her head covered.
 - Complete a thorough assessment and then warm, dry, and stimulate the baby.
 - Initiate CPR immediately if the baby is blue.
 - Check a radial pulse to evaluate circulation.

13. If the baby does not breathe immediately on delivery, you should do which of the following?

- a. Start CPR.
- b. Begin rescue breathing with a bag-valve-mask device.
- c. Apply oxygen.
- d. Rub the baby's back and suction the baby.

14. You have just assisted in the delivery of a term baby. The baby remains limp and blue.

Her pulse is less than 60, respirations are 6. You have tried 30 seconds of rescue breathing with no improvement. What should you do next?

- a. Start CPR.
- b. Begin rescue breathing with a bag-valve-mask device.
- c. Apply oxygen.
- d. Rub the baby's back and suction the baby.

15. The baby is delivering breech. Which of the following is false?

- a. The baby is presenting buttocks first.
- b. Do not pull on the baby to deliver the head.
- c. You may need to create an airway for the baby while the head is still in the birth canal.
- d. The head may not deliver

Childbirth – Answer Key

1	B	6	D	11	B
2	C	7	C	12	A
3	B	8	B	13	D
4	D	9	A	14	A
5	A	10	A	15	C

Infants and Children

1. Which of the following statements is **FALSE**?
 - a. A child's head is proportional in size to an adult's head, so head injuries are more common in children than adults.
 - b. Larger tongues in children than adults tend to contribute to greater problems managing children's airways.
 - c. Infants and small children have more secretions, which can block their small airways, than adults.
 - d. The muscles of the neck allow greater movement of the head, making it easier to stabilize than an adult's head.

2. Which of the following statements is **FALSE**?
 - a. Because of a higher metabolic rate, children have a greater need for oxygen and nutrients than adults.
 - b. Infants are primary nose breathers and have a greater incidence of respiratory distress when their noses are plugged with secretions than adults.
 - c. Because children's chest muscles are more developed than adults' muscles, children present with intercostal retractions and abdominal muscle use.
 - d. Straps and restraints that are secured too snugly tend to cause more respiratory distress in children due to their muscle development.

3. Which of the following assessment findings would you expect to identify in a child with respiratory distress?
 - a. Increased respiratory rate
 - b. Retractions
 - c. Head bobbing with each breath
 - d. All of the above

4. Which of the following conditions may cause respiratory distress in children?
 - a. Shock, seizures, dehydration
 - b. Asthma, croup, epiglottitis
 - c. All of the above
 - d. None of the above

5. Your patient is a 10-year-old male child with difficulty breathing. He is awake and anxious. His breathing is labored. He uses an inhaler when he has attacks like this. He has wheezes when you auscultate his lungs. You suspect he may have which of the following conditions?
 - a. Asthma
 - b. Croup
 - c. Epiglottitis
 - d. Foreign body airway obstruction

6. You are dispatched to a 2-year-old male child with difficulty breathing. He is awake and anxious. You hear a “seal like” bark when he coughs. He has had a cold for a few days and is now having trouble breathing. You suspect he may have which of the following conditions?
 - a. Asthma
 - b. Croup
 - c. Epiglottitis
 - d. Foreign body airway obstruction

7. Your patient is a 6-year-old female with shortness of breath. She is awake and looks very sick when you enter the room. She is sitting up and is drooling. Her mother says she hasn't been able to take any fluids because it hurts too much to swallow. Her vital signs are pulse 130, respirations 32 and shallow, blood pressure 98/60, and temperature 103°F. You suspect she may have which of the following conditions?
- Asthma
 - Croup
 - Epiglottitis
 - Foreign body airway obstruction
8. You are dispatched to a child with trouble breathing. You find a conscious 1-year-old female who is in distress. She was eating a piece of bread when she became cyanotic. She is unable to make any noise and you do not hear any air exchange. Which of the following steps should you take first?
- Take her pulse.
 - Administer back blows.
 - Assess her respiratory rate.
 - Explain to her mother the advantages and risks of the treatment you need to perform.
9. You respond to an 11-year-old male who is unresponsive and has a respiratory rate of 4. He was hit by a car and has blood in his nose. He is snoring. Which of the following steps should you take?
- Administer high concentration oxygen and call for ALS backup.
 - Suction the nose with a bulb syringe and reassess his airway.
 - Perform a jaw thrust and initiate bag-valve-mask ventilation with high concentration oxygen.
 - Call for ALS backup and open the airway with a head tilt maneuver.

10. Which of the following is the most common cause of seizures in children?
- Epilepsy
 - Fever
 - Trauma
 - Low blood sugar
11. As you treat a child who was involved in a motor vehicle crash, it is important to understand the common mechanisms of injury associated with various incidents. Which of the following statements is **FALSE**?
- Children who are unrestrained in a vehicle often have head and neck injuries.
 - Children who are restrained in a vehicle often have abdominal and lower spine injuries.
 - Infants in improperly restrained safety seats often have abdominal and chest injuries.
 - School-age children struck by vehicles typically sustain head, thorax, and extremity injuries.
12. A 5-year-old male child fell on a bottle and lacerated his leg. He is sitting up holding his leg and is awake and crying. His skin is cool and pale. His capillary refilling time is decreased. The wound on the leg is spurting bright red blood. He has lost quite a bit of blood when you arrive. You do which of the following?
- Open his airway with a jaw thrust.
 - Apply direct pressure to his wound, lay him flat, and apply oxygen.
 - Keep him in a sitting position, apply a dressing, and wrap him in a blanket.
 - Assess the non-injured leg and then assess the injured leg and distract him with your stethoscope.

13. Which of the following is **LEAST** likely to be considered child abuse?
- a. A 4-year-old child has broken teeth and bruising to his face, with new and old bruises to his back. He tells you he got them from falling off his bike earlier today.
 - b. A 5-year-old girl has abrasions to her knees and palms. She tells you she fell out of the swing when her Dad was pushing her.
 - c. A 7-year-old boy has burn marks on his feet and buttocks and refuses to talk about the injuries.
 - d. A 1-year-old child is unconscious. Her mother says she fell from her swing. Her mother's boyfriend says she will be fine and seems unconcerned.
14. Which of the following statements is **TRUE**?
- a. First Responders must have police or social services present before caring for the child.
 - b. Most states do not require that child abuse be reported.
 - c. Actual or suspected child abuse and neglect should always be reported in your hand-off report to another care provider.
 - d. Child abuse must be reported, but neglect does not need to be reported.
15. Which of the following patients is **NOT** showing signs of respiratory distress?
- a. A 2-year-old child who is unresponsive with a respiratory rate of 12 breaths per minute
 - b. A 2-month-old baby quietly breathing 40 times a minute
 - c. A 12-year-old child breathing 42 times a minute with stridor
 - d. A 3-year-old child who is sleepy and breathing 60 times per minute

Infants and Children – Answer Key

1	A	6	B	11	C
2	C	7	C	12	B
3	D	8	B	13	B
4	C	9	C	14	C
5	A	10	B	15	B

Operations

1. In the incident command process, Emergency First Responders will most often be which of the following?
 - a. Incident commander for large-scale disasters
 - b. Sector commander responsible for staging
 - c. Assigned to tasks within one of the sectors
 - d. In charge of triaging patients according to severity

2. Which of the following is **NOT** usually the responsibility of an Emergency First Responder during an extrication after a motor vehicle crash?
 - a. Maintaining scene safety and recognizing hazards
 - b. Operating the extrication tools to disentangle the patient
 - c. Assisting with removal of a patient from a vehicle
 - d. Providing spinal stabilization during the extrication process

3. Which of the following is **NOT** a method of gaining simple access to a patient?
 - a. Opening a door
 - b. Unlocking a door
 - c. Rolling down a window
 - d. Use hydraulic tools

4. You respond to the scene of a tanker truck rollover with a large gasoline spill. The patient is trapped in the vehicle. You should do which of the following?
 - a. Notify the hazardous materials team and control access to the scene and the patient.
 - b. Notify the hazardous material team and begin extricating the patient.
 - c. Call for an extrication team and perform an initial assessment.
 - d. Stabilize the vehicle and notify the fire department of a fire hazard.

5. You respond to the scene of a motor vehicle crash. The patient has been pulled from the car. A fire has started and is engulfing the car. Which of the following actions should you perform?
 - a. Try to turn off the ignition of the vehicle.
 - b. Move the patient back from the scene and provide care.
 - c. Attempt to put out the fire with a fire extinguisher even though you have not had fire-fighter training.
 - d. Stabilize the vehicle so it does not move and spread the fire.

6. You respond to a motor vehicle crash. The car struck a utility pole and has wires lying over it. The patient is inside the car. What should you do when you arrive on the scene?
 - a. Remove the wires from the car and assess for life threats.
 - b. Encourage the patient to get out of the car if he is awake and able to move.
 - c. Keep the patient in the car until someone trained to work with wires can move them.
 - d. Stabilize the vehicle with wood cribbing so the electricity will not be conducted.

7. You respond to a rollover. The car is up on its side and wobbles with the wind. The patient is inside and is complaining of difficulty breathing. What should you do first?
 - a. Enter the car and assess for life-threatening conditions.
 - b. Stay outside the car and assist ventilations.
 - c. Encourage the patient to try to crawl out of the car.
 - d. Stabilize the vehicle and then assess the patient.

8. Which of the following is expected of an Emergency First Responder in a mass casualty situation?
- a. Be prepared to assume the responsibility of Triage Officer when paramedics are on the scene.
 - b. Be prepared to treat all injuries as they are found on patients.
 - c. You may be required to be the Triage Officer and receive reports from the Incident Commander.
 - d. You may have to move tagged patients to treatment and transport staging areas after reassessment.
9. Which of the following is **NOT** a component of triage or a responsibility of a triage officer?
- a. Complete a quick initial assessment of all patients.
 - b. Confirm the nature of the incident and establish a command post.
 - c. Apply tags to the patients to identify severity.
 - d. Begin transporting patients as soon as each is assessed.
10. Which of the following patients would be considered a high priority or immediate category in a mass casualty incident?
- a. Patient with snoring respirations
 - b. Patient with burns to arm and hand but no breathing problems
 - c. Patient with pain in the lower back with numbness in one leg
 - d. Patient who is not breathing and does not have a pulse

11. Which of the following patients would be considered a second priority or delayed category in a mass casualty incident?
- Patient with a flail chest breathing shallow at 40 times a minute
 - Patient with an open fracture to the left lower leg with minor bleeding
 - Patient with lacerations and abrasions to both extremities with minor bleeding and no airway problems
 - Patient who is not breathing and does not have a pulse
12. Which of the following patients would be considered a low priority or minor category in a mass casualty incident?
- Patient with an open femur fracture that is bleeding severely and is difficult to control
 - Patient with a bilateral lower leg fracture with moderate bleeding that has been controlled
 - Patient with a fractured humerus without neurovascular compromise
 - Patient who is not breathing and does not have a pulse
13. Which of the following should you expect dispatch to provide when you are responding to a call?
- Location of the patient and nature of the illness
 - Patient name, birth date, and insurance information
 - Response time, scene time, and ETA
 - ETA to closest facility and patient history

14. Which of the following actions should you take when responding in an emergency vehicle?

- a. Be prepared, since motorists may drive in front of you at any time.
- b. Recognize that motorists will hear your siren and yield the right of way to you.
- c. Proceed through intersections without slowing since you have the legal right of way.
- d. Exceed the speed limit as much as necessary to reduce response times.

15. Which of the following actions should you take when setting up a landing zone for a helicopter?

- a. Landing zones should be 100 feet from the scene.
- b. Landing zones should be located where the ground does not slope.
- c. It is best to identify the landing zone by placing a vehicle or flares at two points of a landing zone.
- d. It is best to keep your lights on and turned up toward the helicopter to help the pilot with landing.

Operations – Answer Key

1	C	6	C	11	B
2	B	7	D	12	C
3	D	8	D	13	A
4	A	9	D	14	A
5	B	10	A	15	B

Environmental Emergencies

1. You are a member of a search and rescue team and find a hiker who was lost. When you assess him, his fingers, nose, and cheeks are white, waxy, and hard to touch. You suspect which of the following conditions?
 - a. Superficial frostbite
 - b. Deep frostbite
 - c. Cold shock
 - d. Cold stroke

2. Your patient was found outside on a cold rainy night. She is unresponsive and cold to the touch. Her carotid pulse is 30 and very weak. She is breathing six times per minute and her breathing is shallow. You suspect which of the following conditions?
 - a. Hyperthermia
 - b. Hypothermia
 - c. Deep frostbite
 - d. Superficial frostbite

3. Care for a patient with deep frostbite to the hand and fingers would include which of the following?
 - a. Breaking the blisters
 - b. Rubbing and massaging the area
 - c. Encouraging the patient to use his or her hand
 - d. Having the patient place his or her hand in the armpit

4. You are doing stand-by for a large outdoor concert in the summer. It is hot, humid, and mid-afternoon when friends bring a 28-year-old male to you. He had been playing Frisbee when he started having stomach cramps. He is warm and sweaty and complaining of abdominal cramps. He is alert and oriented and denies any other medical problems. You suspect which of the following conditions?
- Heat stroke
 - Heat exhaustion
 - Heat cramps
 - Hypothermia
5. Your patient was playing soccer on a hot humid summer day when she collapsed. She complains of being severely weak and dizzy. She is extremely diaphoretic. You suspect which of the following conditions?
- Heat stroke
 - Heat exhaustion
 - Heat cramps
 - Hypothermia
6. Your patient is a 64-year-old female. She is found unresponsive in her apartment. It is a hot summer day. Her windows are all closed and locked, and she does not have air conditioning or a fan. The room is extremely hot. Her pulse is weak and rapid. Her skin is hot and dry. Family tells you she had a seizure prior to your arrival. Care for this patient would include all the following **EXCEPT** _____.
- high concentration oxygen
 - recovery position
 - sips of cool water
 - remove her from her apartment into a cooler environment

Environmental – Answer Key

1	B	6	C		
2	B				
3	D				
4	C				
5	B				

Special Populations

1. In the elderly, the vital capacity, the total amount of air that can be moved in and out with every breath:
 - a. declines with age.
 - b. increases with age.
 - c. does not change.

2. In the elderly, the stroke volume, the amount of blood ejected from the heart with each beat:
 - a. declines with age.
 - b. increases with age.
 - c. does not change.

3. Which of the following is not more common in the elderly?
 - a. Fear of death
 - b. Fear of loss of independence
 - c. Weakness
 - d. Increased energy levels

4. You are treating an 87-year-old patient, Ed Flattery, who was found by his granddaughter on the floor complaining of hip pain. The best way to communicate with this patient is to address him as:
 - a. Ed.
 - b. Pops.
 - c. Mr. Flattery.
 - d. Eddie.

5. A cause of dehydration in the elderly may include:
 - a. decreased salivation production.
 - b. weakening of bladder muscles.
 - c. loss of bone mass.
 - d. decreased gastric secretion.

6. The group most prone to illness or injury is:
 - a. women younger than 50 years.
 - b. women older than 65 years.
 - c. men younger than 50 years.
 - d. men older than 75 years.

7. What is the medical term for a motor function disorder caused by a brain defect or lesion present at birth?
 - a. Quadriplegia.
 - b. Atrophy
 - c. Muscular dystrophy
 - d. Cerebral palsy

8. Which of the following is an appropriate method to use when communicating with a hearing impaired patient?
 - a. Exaggerate lip movement
 - b. Face the patient when speaking
 - c. Increase the volume of your voice
 - d. Repeat words until they are understood

9. Which of the following is NOT a type of elder abuse?
- a. Taking advantage of an elder's property
 - b. Taking charge of an elder's finances
 - c. Ignoring the elder's physical needs
 - d. Disrespecting the elder's emotional needs

Special Populations – Answer Key

1	A	6	D		
2	A	7	D		
3	D	8	B		
4	C	9	B		
5	B				