

EMT

Chapter 2 Review

1. Which of the following practices will provide the greatest degree of safety for the EMT when responding to a call?
 - A. Routine use of a police escort
 - B. Consistent use of lights and siren
 - C. Consistent and proper use of seatbelts
 - D. Exceeding the speed limit by no more than 10 mph

Answer: B

Rationale: Consistent safety practices, such as properly wearing seatbelts and shoulder harnesses, will provide the greatest degree of safety when en route to the scene of an emergency.

1. Which of the following practices will provide the greatest degree of safety for the EMT when responding to a call?

A. Routine use of a police escort

Rationale: The use of police escorts is not recommended.

B. Consistent use of lights and siren

Rationale: Not all EMS responses and transports require the use of lights and sirens.

1. Which of the following practices will provide the greatest degree of safety for the EMT when responding to a call?

C. Consistent and proper use of seatbelts

Rationale: Correct answer

D. Exceeding the speed limit by no more than 10 mph

Rationale: The safe speed of an emergency vehicle is determined with due regard for the safety of other vehicles on the road.

2. The MOST effective way of preventing the spread of disease is:
 - A. handwashing.
 - B. keeping your immunizations up to date.
 - C. placing a HEPA respirator on the patient.
 - D. wearing goggles, gloves, a gown, and a mask.

Answer: A

Rationale: According to the CDC, the most effective way of preventing the spread of disease is thorough handwashing—especially in between patients. Up-to-date immunizations and PPE will minimize the risk of contracting a disease.

2. The MOST effective way of preventing the spread of disease is:

A. handwashing.

Rationale: Correct answer

B. keeping your immunizations up to date.

Rationale: This is part of the overall prevention process.

2. The MOST effective way of preventing the spread of disease is:

C. placing a HEPA respirator on the patient.

Rationale: This PPE helps to block the entry of an organism.

D. wearing goggles, gloves, a gown, and a mask.

Rationale: This PPE is selected according to manner in which a communicable disease is spread.

3. While caring for a trauma patient, the EMT has blood splashed into her eyes. This is an example of:

- A. infection.
- B. exposure.
- C. indirect contact.
- D. transmission.

Answer: B

Rationale: Exposure occurs when a person comes in (direct or indirect) contact with blood or other bodily fluids. Blood splattered into the eyes is an example of direct contact. It is important to note that exposure does not always lead to infection. Proper use of PPE minimizes this risk.

3. While caring for a trauma patient, the EMT has blood splashed into her eyes. This is an example of:

A. infection.

Rationale: This is an abnormal invasion by an organism.

B. exposure.

Rationale: Correct answer

C. indirect contact.

Rationale: This is exposure through contact with a contaminated object.

D. transmission.

Rationale: This is the way an infectious agent is spread including direct, indirect, and airborne transmission.

4. Protective measures that prevent health care workers from coming into contact with germs are referred to as:

- A. exposure.
- B. standard precautions.
- C. transmission.
- D. PPE.

Answer: B

Rationale: Standard precautions prevent health care workers from coming into contact with germs.

4. Protective measures that prevent health care workers from coming into contact with germs are referred to as:

A. exposure.

Rationale: This occurs when a person comes into contact with blood or body fluids.

B. standard precautions.

Rationale: Correct answer

4. Protective measures that prevent health care workers from coming into contact with germs are referred to as:

C. transmission.

Rationale: This is the way in which an infectious agent is spread.

D. PPE.

Rationale: This is the equipment used to shield from infectious agents.

5. What is the second stage of response in the stress response known as the general adaptation syndrome?
- A. Recovery
 - B. Exhaustion
 - C. Alarm
 - D. Reaction and resistance

Answer: D

Rationale: The body typically reacts to stress in three stages: the alarm response, followed by reaction and resistance, and then recovery. If the individual cannot reduce stress, the last stage may progress to exhaustion.

5. What is the second stage of response in the stress response known as the general adaptation syndrome?

A. Recovery

Rationale: This is the third stage.

B. Exhaustion

Rationale: If the third stage (recovery) is prolonged, then exhaustion occurs.

C. Alarm

Rationale: This is the first stage.

D. Reaction and resistance

Rationale: Correct answer

6. A condition characterized by reexperiencing an event and overresponding to stimuli that recall the event is called:

- A. acute stress reaction.
- B. delayed stress reaction.
- C. cumulative stress reaction.
- D. posttraumatic stress disorder (PTSD).

Answer: D

Rationale: PTSD may develop after a person has experienced a psychologically distressing event.

6. A condition characterized by reexperiencing an event and overresponding to stimuli that recall the event is called:

A. acute stress reaction.

Rationale: This occurs during a stressful event.

B. delayed stress reaction.

Rationale: This occurs after a stressful event.

C. cumulative stress reaction.

Rationale: This occurs when the EMT is exposed to prolonged or excessive stress.

D. posttraumatic stress disorder.

Rationale: Correct answer

7. _____ is the fuel to make the body run.

A. Sleep

B. Exercise

C. Food

D. Work/life balance

Answer: C

Rationale: To perform efficiently, you must eat nutritious food. The physical exertion and stress of your job require high energy output.

7. _____ is the fuel to make the body run.

A. Sleep

Rationale: A consistent cycle of sleep will improve concentration and motivation.

B. Exercise

Rationale: A regular program of exercise will increase strength and endurance.

C. Food

Rationale: Correct answer

D. Work/life balance

Rationale: A balance will allow you to relax off the job and motivate you on the job.

8. Which stage of grieving commonly results in blame?

A. Denial

B. Anger, hostility

C. Bargaining

D. Depression

E. Acceptance

Answer: B

Rationale: The person may lash out at the EMT or blame the EMT for the unfortunate event.

8. Which stage of grieving commonly results in blame?

A. Denial

Rationale: Denial is refusal to accept the circumstances.

B. Anger, hostility

Rationale: Correct answer

C. Bargaining

Rationale: The patient may promise the EMT that he or she will change his or her lifestyle in exchange for life.

8. Which stage of grieving commonly results in blame?

D. Depression

Rationale: Depression commonly results in a silent patient.

E. Acceptance

Rationale: Acceptance is usually the final stage of the grieving process.

9. Placards are used on:

A. buildings.

B. individual packages.

Answer: A

Rationale: Placards are used for buildings and transportation vehicles.

9. Placards are used on:

A. buildings.

Rationale: Correct answer

B. individual packages.

Rationale: Labels are used to identify packages.

10. The five most common hazards associated with a structural fire include:

- A. smoke, oxygen deficiency, high ambient temperatures, toxic gases, and building collapse.
- B. smoke, oxygen deficiency, inhalation of tar particles, injury from breaking glass, and building collapse.
- C. smoke, high ambient temperatures, toxic gases, electric shock, and inhalation of tar particles.
- D. oxygen deficiency, high ambient temperatures, toxic gases, electric shock, and injury from breaking glass.

Answer: A

Rationale: The five hazards most commonly associated with a structural fire are smoke, oxygen deficiency, high ambient temperatures, toxic gases, and building collapse.

10. The five most common hazards associated with a structural fire include:

A. smoke, oxygen deficiency, high ambient temperatures, toxic gases, and building collapse.

Rationale: Correct answer

B. smoke, oxygen deficiency, inhalation of tar particles, injury from breaking glass, and building collapse.

Rationale: Smoke is made up of particles of both tar and carbon.

10. The five most common hazards associated with a structural fire include:

C. smoke, high ambient temperatures, toxic gases, electric shock, and inhalation of tar particles.

Rationale: Smoke is made up of particles of both tar and carbon.

D. oxygen deficiency, high ambient temperatures, toxic gases, electric shock, and injury from breaking glass.

Rationale: Smoke is missing from this option.