

- 5) The CDC recommends using an alcohol-based hand sanitizer in all *except* which of the following situation(s)? 5) _____
- A) The provider is not vaccinated against hepatitis B.
 - B) The patient has a bloodborne communicable disease.
 - C) The patient has a respiratory illness.
 - D) The provider's hands come into contact with fecal matter.

Answer: D

- Explanation:
- A) INCORRECT. If soap and water are not immediately available, the CDC recommends using an alcohol-based hand sanitizer after treating a hepatitis B patient.
 - B) INCORRECT. Alcohol-based hand sanitizers are recommended after contact with patients who have bloodborne diseases.
 - C) INCORRECT. After caring for a patient with a respiratory illness, an alcohol-based hand cleaner would be an effective way for the provider to sanitize her hands.
 - D) CORRECT. The CDC considers alcohol-based hand sanitizers to be effective *except* for when hands are visibly soiled or when anthrax is present.

- 6) Which of the following statements about HIV/AIDS is true? 6) _____
- A) The HIV virus lives longer outside the body than hepatitis B.
 - B) Drugs are not available that slow HIV from progressing into AIDS.
 - C) HIV positive needlesticks have a 30 percent infection rate.
 - D) HIV positive needlesticks have less than a 0.05 percent infection rate.

Answer: D

- Explanation:
- A) INCORRECT. Whereas the hepatitis B virus can survive for days in dried blood, HIV does not survive well outside of the human body.
 - B) INCORRECT. Although there is currently no cure, there are drugs available that slow HIV from progressing into AIDS.
 - C) INCORRECT. Hepatitis B, not HIV, have positive needlesticks result in a 30 percent infection rate.
 - D) CORRECT. According to the U.S. Occupational Safety and Health Administration (OSHA), less than half of 1 percent of HIV positive needlesticks result in infection.

- 7) You are dispatched to a female with altered mental status. Once inside the home, you find a female who appears to have been beaten unconscious. A man, who smells of alcohol, says that she is his wife and that he does not know what happened: "I just found her this way!" The husband is behaving suspiciously, appears paranoid, and is pacing erratically around the room. What would be the safest course of action? 7) _____
- A) Have your partner call for help while you stay with the patient.
 - B) Leave the house and call for law enforcement.
 - C) Evacuate the patient and begin treatment.
 - D) Continue to question the man and begin treating the patient.

Answer: B

- Explanation:
- A) INCORRECT. The safety of both EMTs should be the priority and leaving one in the dangerous situation is unacceptable.
 - B) CORRECT. The three Rs of reacting to the danger in this situation require the EMTs to leave, call for assistance, and plan how to proceed.
 - C) INCORRECT. Trying to move the unconscious patient from this potentially dangerous situation puts the EMTs at risk.
 - D) INCORRECT. This is a dangerous situation for the responders to be in and staying in it is not a safe choice.

8) The "Stress Triad," or the body's response to a stressful stimulation, is known as general _____ 8) _____
syndrome.
A) reaction B) adaptation C) incident D) resistance

Answer: B

Explanation: A) INCORRECT. The "Stress Triad" does not include a general reaction syndrome.
B) CORRECT. The "Stress Triad" is also known as general adaptation syndrome.
C) INCORRECT. A general incident syndrome is not related to the "Stress Triad."
D) INCORRECT. The body's response to stress is not called the general resistance syndrome.

9) You are approaching the scene of a motor vehicle crash. Which of the following would be the first 9) _____
way to safeguard your well-being as an EMT?
A) Request additional resources.
B) Ensure scene safety.
C) Utilize DOT-approved reflective safety clothing.
D) Take personal protective equipment (PPE) precautions.

Answer: B

Explanation: A) INCORRECT. Although requesting additional resources may be necessary based on the situation, it would not be the first way to safeguard your well-being.
B) CORRECT. The first way to safeguard your well-being as an EMT arriving at a vehicle crash is make sure that the scene is safe before entering it.
C) INCORRECT. DOT-approved reflective clothing can help to keep an EMT safer while on scene, but it wouldn't be the first way to ensure personal well-being.
D) INCORRECT. Utilizing appropriate PPE is important for personal well-being, but it's not the first way to ensure safety.

10) You are dispatched to the staging area of a terrorist-related chemical exposure. The incident 10) _____
commander asks you to stand by while hazmat personnel bring patients to the cold zone. As an EMT on-board an ambulance, what statement BEST describes your role?
A) Transport patients to be decontaminated. B) Transport decontaminated patients.
C) Coordinate hazmat response. D) Triage patients to be decontaminated.

Answer: B

Explanation: A) INCORRECT. EMTs should not be transporting patients until *after* decontamination.
B) CORRECT. As an EMT, you should not be treating or transporting patients until after they have undergone decontamination.
C) INCORRECT. The hazmat response in this scenario has already been coordinated.
D) INCORRECT. Patients being brought to the cold zone would have already been triaged and decontaminated.

11) Which of the following is a physiologic effect of the "Stress Triad" as described by the physician 11) _____
Hans Selye?
A) Atrophy of the adrenal glands B) Hypertrophy of the lymph nodes
C) Amnesia for stressful events D) Bleeding gastric ulcers

Answer: D

Explanation: A) INCORRECT. The adrenal glands will actually become enlarged (hypertrophy) during the third stage of the "Stress Triad."
B) INCORRECT. The "Stress Triad" can result in *atrophy* of the lymph nodes.
C) INCORRECT. Amnesia is not an effect of the "Stress Triad."
D) CORRECT. During the third stage of the "Stress Triad," Dr. Selye describes enlargement (hypertrophy) of the adrenal glands; wasting (atrophy) of lymph nodes; and bleeding gastric ulcers.

- 12) When covering a patient's mouth and nose with a mask of any kind, which of the following is the primary risk? 12) _____
- A) Interfering with patient communication
 - B) Upsetting the patient because of the social stigma
 - C) Obstructing the ability to visualize and protect the airway
 - D) Causing or exasperating respiratory illnesses

Answer: C

Explanation: A) INCORRECT. Although certain types of masks can interfere with verbal communication, it is not a primary risk.
B) INCORRECT. Upsetting a patient because of the appearance of a medically necessary mask is not generally a risk.
C) CORRECT. When covering a patient's mouth and nose with a mask of any kind, use caution. The mask reduces the ability to visualize and protect the airway.
D) INCORRECT. The masks used by medical care providers will not cause or exasperate respiratory illnesses.

- 13) While transporting a patient to the hospital who has a history of terminal brain cancer, the patient says, "I know I'm going to die, but first I want to see my grandson graduate from high school." What stage of death and dying describes this patient's current condition? 13) _____
- A) Bargaining B) Denial C) Depression D) Anger

Answer: A

Explanation: A) CORRECT. In the mind of the patient, *bargaining* may seem to postpone death and will commonly include phrases like, "At least let me..." or "But first I want...."
B) INCORRECT. Patients in the denial stage do not believe that they are going to die.
C) INCORRECT. The depression stage is usually marked by the patient being sad about the things that she was never able to do.
D) INCORRECT. This patient is not exhibiting the behavior of someone in the anger stage.

- 14) Which of the following is true regarding proper hand cleaning? 14) _____
- A) Soap and water should be used following any patient contact if the EMT does not wear gloves.
 - B) In cases where soap and water and alcohol-based hand cleaners are not immediately available, bleach wipes should be used.
 - C) If the EMT's hands are visibly dirty, an alcohol-based hand cleaner is not sufficient.
 - D) Following patient contact, the EMT should soak his hands in warm soapy water for at least 30 seconds and then shake them vigorously.

Answer: C

Explanation: A) INCORRECT. Proper hand cleaning is critical even when gloves are used, and in most situations an alcohol-based hand cleaner is appropriate.
B) INCORRECT. Either soap and water or alcohol-based hand cleaners should always be used following patient contact; bleach wipes are not safe for skin.
C) CORRECT. Alcohol-based hand cleaners are considered effective except when hands are visibly soiled or when anthrax is present.
D) INCORRECT. When soap and water are available following patient contact, vigorous hand washing is recommended; soaking and shaking is not effective.

15) Which of the following is the form of stress that can cause immediate and long-term problems with an EMT's health and well-being? 15) _____

- A) Distress B) Hyperstress C) Megastress D) Eustress

Answer: A

Explanation: A) CORRECT. Distress can cause immediate and long-term problems with a person's health and well-being.
B) INCORRECT. The term hyperstress usually refers to a long-term mental or psychological strain that causes a person to feel overwhelmed.
C) INCORRECT. Megastress is not a recognized form of stress.
D) INCORRECT. Eustress is a positive form of stress that helps people to work under pressure and respond effectively.

16) Which hormone helps the body control stress, regulate metabolism, and influence an immune response? 16) _____

- A) Cortisol B) Immunoglobulin
C) Epinephrine D) Serotonin

Answer: A

Explanation: A) CORRECT. Cortisol is the hormone that influences metabolism and immune response, and is critical to the body's ability to adapt to and cope with stress.
B) INCORRECT. Immunoglobulin is a protein that neutralizes bacteria and viruses in the body.
C) INCORRECT. Epinephrine, also known as adrenaline, does not assist in stress control or regulate metabolism.
D) INCORRECT. Serotonin influences a person's sleep, appetite, and moods.

17) When the potential exists for exposure to exhaled air of a person with suspected or confirmed TB, a(n) _____ mask should be worn by the EMT. 17) _____

- A) surgical B) B-50 C) N-95 D) nonrebreather

Answer: C

Explanation: A) INCORRECT. A surgical mask does not provide enough protection when exposed to tuberculosis.
B) INCORRECT. A B-50 mask is not used in the EMS setting.
C) CORRECT. EMTs are required to wear an N-95 or HEPA respirator when treating or transporting a patient suspected of having TB.
D) INCORRECT. An EMT would never wear a nonrebreather mask when caring for a patient.

18) Which of the following terms is best defined as "a state of physical and/or psychological arousal to a stimulus?" 18) _____

- A) Eustress B) Stress C) Distress D) Homeostasis

Answer: B

Explanation: A) INCORRECT. Eustress is a positive form of stress that helps people work under pressure and respond effectively.
B) CORRECT. Doctors and psychologists generally define stress as a state of physical and/or psychological arousal to a stimulus.
C) INCORRECT. Distress is a negative form of stress that can cause immediate and long-term problems with health and well-being.
D) INCORRECT. The body's tendency to seek and maintain a certain equilibrium is called homeostasis.

19) You are called to an assault on a homeless male. Dried blood from the trauma is visible around the patient's mouth and nose. During assessment, you note the patient has a productive cough. The patient says, "Don't worry, I'm not contagious. I've had this cough for a year." Describe the best approach regarding respiratory isolation. 19) _____

- A) Mask yourself only.
- B) Isolate the patient with a nonrebreather mask.
- C) Mask yourself and the patient.
- D) Use gloves for PPE, as that's all that's needed.

Answer: C

Explanation: A) INCORRECT. It is a good idea to mask yourself in this situation; however, the patient should also be masked.
B) INCORRECT. A nonrebreather mask would not be appropriate for this type of patient. You should use an N-95 or HEPA respirator.
C) CORRECT. Best practice would be to mask yourself and the patient using an N-95 or HEPA respirator.
D) INCORRECT. Since this patient could spatter fluid or blood, a mask should be worn in addition to gloves.

20) A family member who keeps pleading with a deceased loved one to "wake up" is experiencing which reaction to death and dying? 20) _____

- A) Anger
- B) Rejection
- C) Denial
- D) Projection

Answer: C

Explanation: A) INCORRECT. An anger reaction would usually be directed at other family members or the EMS providers for allowing the death to occur.
B) INCORRECT. Rejection is not a term used to describe one of the stages of grief.
C) CORRECT. This family member is obviously in denial about the death of the loved one.
D) INCORRECT. There is not a reaction to death and dying called projection.

21) For the last few days, your regular EMT partner has been having trouble sleeping, has been on edge, and has trouble concentrating on his job during EMS calls. Luckily, your call volume has been low with no serious calls since the infant cardiac arrest you both worked last month. You ask him if anything is bothering him and he states he is fine in every way. He states that he has been going to the bars lately to relax and invites you to come along for some drinks after work. Choose the best answer for this situation.

21) _____

- A) Your partner is suffering from a delayed stress reaction and you should recommend that he seek professional counseling.
- B) Your partner is suffering from acute stress reaction and you should recommend to him that he seek professional counseling.
- C) Your partner is suffering from post-traumatic stress disorder and you should go to the bar with him to provide moral support and talk with him.
- D) Your partner is suffering from a cumulative stress reaction. This is a natural response and he should be fine in a few days.

Answer: A

- Explanation:
- A) CORRECT. EMTs suffering from any type of stress reaction where they are having difficulty coping should seek professional counseling.
 - B) INCORRECT. The EMT is suffering from a delayed stress reaction because the incident occurred over a month prior.
 - C) INCORRECT. Drug and alcohol abuse is a common coping mechanism for a delayed stress mechanism, so any form of moral support that involves alcohol should be avoided.
 - D) INCORRECT. The EMT's stress response is most-likely from the infant cardiac arrest call, meaning that it is not cumulative, and he should be encouraged to seek professional help.

22) You have just worked a cardiac arrest call on a 48-year-old father of three. Despite your best efforts, the patient died in the emergency department. As you are getting your ambulance in service, the patient's wife rushes out of the emergency department. She finds you and begins screaming at you that her husband's death is your fault. She blames you for not getting on the scene fast enough, taking too long at the house, and not shocking her husband back to life like she has seen on television. What response should you have to her anger?

22) _____

- A) Correct her misconceptions and remind her that television shows are fiction, so she will not sue you in the future.
- B) Recognize that she is in the denial stage of grief and interrupt her hysterical behavior pattern by getting her attention and helping her calm down.
- C) Reassure her that you did everything you could and that everything will be okay.
- D) Listen empathetically to all of her complaints and let her know she can contact you for any additional assistance.

Answer: D

- Explanation:
- A) INCORRECT. Correcting her misconceptions will not help the situation and may make it worse.
 - B) INCORRECT. The patient is in the anger stage of grief, not the denial stage. Her anger is part of the normal grieving process and should not be taken personally.
 - C) INCORRECT. EMTs should not offer false reassurance by telling the patient that everything will be okay.
 - D) CORRECT. Listening empathetically to her concerns and offering to help her as realistically as possible are the best actions to take when confronted by a person in the anger stage of grief.

- 23) Post-traumatic stress disorder may be described as a(n): 23) _____
A) acute stress reaction. B) delayed stress reaction.
C) severe stress reaction. D) cumulative stress reaction.

Answer: B

Explanation: A) INCORRECT. Acute stress reactions occur immediately, whereas PTSD does not.
B) CORRECT. A delayed stress reaction, also known as posttraumatic stress disorder (PTSD), has signs and symptoms that may not become evident until days, months, or even years later.
C) INCORRECT. Posttraumatic stress disorder is not generally called a severe stress reaction.
D) INCORRECT. Unlike a cumulative stress reaction, which is caused by a series of events over time, PTSD can be caused by one significant event.

- 24) What is the EMT's highest priority at the scene of a hazardous materials incident? 24) _____
A) Identification of hazardous materials B) Personal safety
C) Safety of bystanders D) Patient care

Answer: B

Explanation: A) INCORRECT. There are several priorities that are more important than specifically identifying the hazardous materials involved in an incident.
B) CORRECT. Your most important roles at the scene of a hazardous material incident are recognizing that a hazard exists, taking initial actions for your personal safety and the safety of others, and notifying an appropriately trained hazardous material response team.
C) INCORRECT. The safety of bystanders is not the EMT's highest priority in this situation.
D) INCORRECT. Although important, patient care is not the highest priority at a hazardous materials incident.

- 25) Which three "Rs" are essential for the EMT to practice when reacting to danger? 25) _____
A) Retreat, radio, reevaluate B) Ricochet, recover, re-entry
C) Remember, respect, respond D) Realize, react, reassess

Answer: A

Explanation: A) CORRECT. The three Rs of reacting to danger are retreat, radio, and reevaluate.
B) INCORRECT. Ricochet, recover, and re-entry are not the three Rs of reacting to danger.
C) INCORRECT. The concept behind the three Rs is to get out of danger, request assistance, and determine the next course of action.
D) INCORRECT. The three Rs of reacting to danger are not realizing, reacting, and reassessing.

- 26) What mode of transmission most accurately describes the route of spreading hepatitis A? 26) _____
A) Bloodborne B) Fecal-oral
C) Respiratory droplet D) Unprotected sex

Answer: B

Explanation: A) INCORRECT. Hepatitis A is not a bloodborne pathogen.
B) CORRECT. Hepatitis A is acquired primarily through contact with food or water contaminated by feces.
C) INCORRECT. Hepatitis A is not normally transmitted through respiratory secretions.
D) INCORRECT. Although most types of hepatitis can be spread through unprotected sex, hepatitis A is not usually transmitted this way.

- 27) What would be the primary reason for an EMT to change gloves between contact with different patients? 27) _____
- A) To ensure soiled gloves are changed as soon as possible
 - B) To protect the EMT from becoming infected
 - C) To prevent spreading infection to the next patient
 - D) To minimize the amount of time the EMT's hands are spent in gloves

Answer: C

- Explanation:
- A) INCORRECT. Disposing of soiled gloves is important, but it is not the primary reason to change them between patients.
 - B) INCORRECT. Wearing gloves is what protects EMTs from exposure to infection, not changing them between patients.
 - C) CORRECT. Be sure to change gloves between contact with different patients to prevent the spread of infection.
 - D) INCORRECT. There is no need to minimize the amount of time an EMT wears gloves while providing patient care.

- 28) According to Dr. Hans Selye, the third stage of the "Stress Triad" is known as the _____ stage. 28) _____
- A) alarm
 - B) exhaustion
 - C) resistance
 - D) cumulative

Answer: B

- Explanation:
- A) INCORRECT. The alarm stage is first in Dr. Selye's "Stress Triad."
 - B) CORRECT. *Exhaustion* is the third stage of the "Stress Triad."
 - C) INCORRECT. Resistance is the second stage of Dr. Selye's "Stress Triad."
 - D) INCORRECT. The "Stress Triad" doesn't include a *cumulative* stage.

- 29) What is the name of the federal act that mandates a procedure by which emergency healthcare providers can find out if they have been exposed to potentially life-threatening diseases while on the job? 29) _____
- A) Communicable Disease Notification Act
 - B) Ryan White CARE Act
 - C) Occupational Exposure to Bloodborne Pathogens Act
 - D) EMS Personnel Health Protection Act of 1991

Answer: B

- Explanation:
- A) INCORRECT. The Communicable Disease Notification Act is not a federal mandate.
 - B) CORRECT. The Ryan White CARE Act and the Ryan White HIV/AIDS Treatment Extension Act of 2009 establish procedures by which emergency response workers may find out if they have been exposed to life-threatening infectious diseases.
 - C) INCORRECT. The Occupational Exposure to Bloodborne Pathogens Act does not exist as a federal regulation.
 - D) INCORRECT. The federal government did not mandate exposure notifications through an EMS Personnel Health Protection Act in 1991.

- 30) Which of the following descriptions BEST defines the term *pathogen*? 30) _____
- A) An immunity developed after an exposure
 - B) A medication with a harmful effect
 - C) An organism that causes infection and disease
 - D) A study of the origins of infection and disease

Answer: C

- Explanation:
- A) INCORRECT. Immunity following an exposure is known as an "acquired immunity."
 - B) INCORRECT. A medication with a harmful side effect is not called a pathogen.
 - C) CORRECT. Pathogens are organisms that cause infection, such as viruses and bacteria.
 - D) INCORRECT. Pathology is the study of the origins of infections and disease.

- 31) You are dispatched to a "man down" with no further information. As your unit arrives on-scene, you see a crowd of bystanders looking at a man lying in an alleyway. The bystanders begin screaming to you, "Help him, he's been shot! He's bleeding real bad!" What would be the best course of action? 31) _____

- A) Tell law enforcement investigators to meet your unit at the ER.
- B) Move bystanders aside since the patient will die without treatment.
- C) Dispatch law enforcement and wait until the scene is secure.
- D) Load and go, because you're already on-scene.

Answer: C

- Explanation:
- A) INCORRECT. This patient should not even be approached for care or transport until the EMTs are certain that the scene is safe.
 - B) INCORRECT. The EMT's first priority—even before patient care—is to be certain that the scene is safe.
 - C) CORRECT. This is an uncontrolled and potentially dangerous situation. The EMTs should not attempt to enter or care for the patient until their own safety is assured.
 - D) INCORRECT. This unsecured scene is potentially too dangerous for the EMT's to enter and get the patient.

- 32) Which of the following behaviors would be considered a common sign of stress rather than an acute psychological problem? 32) _____

- A) Irritability with friends, family, coworkers, or patients
- B) Flashbacks, nightmares, and feelings of detachment
- C) Increased speeding and reckless driving
- D) Failure to use PPE appropriately on a regular basis

Answer: A

- Explanation:
- A) CORRECT. Common signs and symptoms of stress include irritability with family, friends, and coworkers; inability to concentrate; loss of interest in sexual activity; anxiety; and loss of interest in work.
 - B) INCORRECT. Flashbacks, nightmares, and feelings of detachment are signs and symptoms of posttraumatic stress disorder (PTSD).
 - C) INCORRECT. Reckless driving and speeding are not common signs of stress.
 - D) INCORRECT. Failure to use PPE appropriately is not a sign of stress, it is just unprofessional.

- 33) What are some signs and symptoms that a coworker may be experiencing delayed stress reaction (PTSD)? 33) _____
- A) Excessive sleeping, loss of appetite, and distractibility
 - B) Flashbacks, nightmares, and feelings of detachment
 - C) Headaches, stomach ailments, and a chronic cough
 - D) Suspicion of friends, family, coworkers, or patients

Answer: B

Explanation: A) INCORRECT. A coworker with these signs and symptoms may be suffering from depression, but not PTSD specifically.
B) CORRECT. Signs and symptoms of PTSD may include flashbacks, nightmares, feelings of detachment, irritability, sleep difficulties, or problems with concentration or interpersonal relationships.
C) INCORRECT. PTSD does not commonly cause physical ailments.
D) INCORRECT. Suspicion is generally not a symptom of PTSD.

- 34) What is a positive, healthy way to help deal with stress? 34) _____
- A) Caffeine to "get up and go"
 - B) Adding workload to a busy regular schedule
 - C) Drinking alcohol to "unwind"
 - D) Regular physical exercise

Answer: D

Explanation: A) INCORRECT. Using caffeine or any other stimulant to deal with stress is unhealthy.
B) INCORRECT. Relaxing more, rather than adding work, is a positive way to cope with stress.
C) INCORRECT. Drug and alcohol abuse is a negative (although common) coping mechanism for stress.
D) CORRECT. Developing a more healthful lifestyle through diet and exercise is a positive way to deal with stress.

- 35) Healthcare employers are required by law to provide a hepatitis B _____ available to employees free of charge. 35) _____
- A) immunity B) prophylaxis C) cure D) vaccine

Answer: D

Explanation: A) INCORRECT. The law does not require healthcare employers to provide immunity from hepatitis B.
B) INCORRECT. Although a prophylaxis *is* a measure taken to prevent a disease, the law governing healthcare providers is more specific regarding hepatitis B.
C) INCORRECT. There is no cure for hepatitis B.
D) CORRECT. Employers must make the hepatitis B vaccination series available free of charge and at a reasonable time and place.

- 36) All of the following are ways that an EMT can increase both physical and mental well-being, *except*: 36) _____
- A) spending more time relaxing with friends and family.
 - B) eating more carbohydrates.
 - C) following a regular walking regimen.
 - D) drinking caffeine instead of alcohol.

Answer: D

Explanation: A) INCORRECT. Devoting time to relaxing with friends and family can have a positive effect on a person's mental well-being.
B) INCORRECT. Healthful eating habits, such as avoiding fatty foods and increasing carbohydrate intake, is physically and mentally beneficial.
C) INCORRECT. When performed safely and properly, exercise helps to "burn off" stress, and it can also better prepare the EMT for the physical aspects of the job.
D) CORRECT. Both caffeine and alcohol can increase stress and anxiety, as well as disturb sleep patterns.

- 37) An EMT is confronted by an armed gunman who is threatening to kill the EMT and his partner. An elevation in the EMT's heart rate and blood pressure occurs in which stage of the body's response to stress? 37) _____

- A) Exhaustion stage
- B) Resistance stage
- C) Alarm reaction stage
- D) Response stage

Answer: C

Explanation: A) INCORRECT. The exhaustion stage includes adrenal gland enlargement and bleeding gastric ulcers.
B) INCORRECT. The body systems return to normal during the resistance stage of stress.
C) CORRECT. During the *alarm reaction* stage of stress, pupil dilation, heart rate increases, and bronchial passage dilation are all common.
D) INCORRECT. There is no clinically recognized "response stage" to stress.

- 38) During which of these situations would the EMT be least likely to experience a body substance exposure? 38) _____

- A) Childbirth
- B) Splinting a sprained ankle
- C) Glucometry
- D) Bandaging a laceration

Answer: B

Explanation: A) INCORRECT. Emergency responders can easily be exposed to blood and numerous types of body fluids when assisting at childbirth.
B) CORRECT. Splinting a sprained ankle will generally not expose an EMT to blood or body fluids.
C) INCORRECT. Glucometry involves obtaining blood samples for testing.
D) INCORRECT. Exposure to blood is likely when caring for lacerations.

- 39) What is a common term used to describe the items needed for Standard Precautions or body substance isolation precautions? 39) _____
- A) Infection-control plan
 - B) Exposure-control plan
 - C) Personal protective equipment
 - D) Harm-reduction strategy

Answer: C

Explanation: A) INCORRECT. An infection-control plan will usually call for body substance isolation precautions, but it is not a term used to describe the items needed.
B) INCORRECT. Although an exposure-control plan may include directives for Standard Precautions, the term itself does not refer to the items required.
C) CORRECT. Personal protective equipment such as gloves, goggles, and gowns help to protect care providers from exposure to body substances.
D) INCORRECT. The term harm-reduction strategy does not describe the items needed for body substance isolation precautions.

- 40) Critical Incident Stress Debriefings (CISDs): 40) _____
- A) have been replaced with "defusings."
 - B) are now less common than they once were.
 - C) must be held from 2 to 4 hours following an incident to be effective.
 - D) are always recommended.

Answer: B

Explanation: A) INCORRECT. Critical Incident Stress Debriefings and defusing sessions are two different types of stress management events; one does not replace the other.
B) CORRECT. The CISD model is now used less frequently and is not recommended by many in EMS and mental health professions.
C) INCORRECT. If they are to be effective at all, CISDs should occur within 24 to 72 hours following the incident.
D) INCORRECT. Critical Incident Stress Debriefings are no longer standard in the EMS industry.

- 41) Due to the high risk of an unstable work environment, EMTs responding to a motor vehicle crash may consider using _____ in addition to standard PPE. 41) _____
- A) face shields
 - B) Level B hazmat suits
 - C) N-95 masks
 - D) heavy-duty gloves

Answer: D

Explanation: A) INCORRECT. Although face shields will protect against some fluid exposure, they would generally not be beneficial as protection at a vehicle crash scene.
B) INCORRECT. Level B hazmat suits are not only unnecessary during a standard vehicle crash response, they would also provide very little extra protection from metal and broken glass.
C) INCORRECT. N-95 masks will provide no additional protective benefit to providers responding to an unstable environment.
D) CORRECT. As an EMT works in rescue operations, such as following a car crash, he will need personal protective equipment that includes turnout gear (coat, pants, and boots), protective eyewear, helmet, and heavy-duty gloves.

42) What action does an organ undergo to best describe the term *hypertrophy*? 42) _____
A) Enlargement B) Wasting C) Changing D) Absence

Answer: A

Explanation: A) CORRECT. The term *hypertrophy* means enlargement and is seen in the third stage of the body's response to stress.
B) INCORRECT. An organ that is wasting is not considered to be hypertrophying.
C) INCORRECT. Although a hypertrophied organ is one that has changed, that is not the best description of the term.
D) INCORRECT. Hypertrophy does not indicate the absence of an organ.

43) What reference provides important information regarding hazardous materials, emergency care, and procedures in case of accidental fire or release; supplies definitions of placard colors and identification numbers; and should be standard issue on-board all ambulances and rescue units? 43) _____
A) Safety Data Sheets
B) Emergency Preparedness and Response Plan
C) *Emergency Response Guidebook*
D) Accidental Exposure and Contamination Guide

Answer: C

Explanation: A) INCORRECT. Safety Data Sheets are not carried on ambulances and rescue units.
B) INCORRECT. An emergency preparedness and response plan is not a comprehensive hazardous materials reference.
C) CORRECT. The *Emergency Response Guidebook* provides important information about the properties and labeling of dangerous substance as well as information on safe distances, emergency care, and suggested procedures in the event of spills or fire.
D) INCORRECT. An Accidental Exposure and Contamination Guide does not provide information on all common hazardous materials, including placard identification, nor is it standard issue on all ambulances.

44) An EMT should consider wearing protective eyewear when caring for which of these patients? 44) _____
A) A trauma patient who is covered in dirt, rocks, and other foreign debris
B) A patient who is actively coughing
C) A patient with a difficult-to-visualize scalp laceration
D) A patient who was sprayed with mace by police during arrest

Answer: B

Explanation: A) INCORRECT. Dirt and foreign debris on a patient does not generally pose an exposure threat to responders.
B) CORRECT. Eye protection prevents splashing, spattering, or spraying fluids (such as from a cough) from entering the body through the mucous membranes of the eyes.
C) INCORRECT. A scalp laceration that is difficult to see does not specifically require the EMT to have protective eyewear.
D) INCORRECT. Mace is not a pathogen that can infect an EMT through exposure to the eyes.

- 45) You are first on the scene of a vehicle collision where a vehicle has gone off a bridge and is partially submerged. You are told that a person is still trapped in the vehicle. Your partner starts to take off his shoes and prepares to go in to save the victim. You stop your partner and tell him it is too dangerous. He tells you he is prepared to die to save a life. What is the best response to him? 45) _____
- A) He will force additional fire units to come to his aid unnecessarily and waste taxpayer money.
 - B) The patient's family may sue him if he is not successful in rescuing him.
 - C) His family will not receive any benefits if he is not trained in rescue and dies while attempting a rescue.
 - D) He is not only putting his life at risk, but also placing the lives of the professional rescuers unnecessarily at risk.

Answer: D

Explanation: A) INCORRECT. The fire units will be put out of service unnecessarily at a waste of money, but the life safety of the EMT and the professional rescuers is the first priority.

B) INCORRECT. There is no guarantee as to whether the victim's family may or may not sue the EMT regardless of what he does.

C) INCORRECT. The financial benefits the EMT's family may or may not receive are not of importance.

D) CORRECT. The life of the EMT and those who may be forced to rescue him take the highest priority.

- 46) Which of the following provides the greatest personal safety for an EMT working at a motor vehicle collision? 46) _____
- A) Reflective outer clothing
 - B) Portable radio
 - C) Flashlight
 - D) Non-slip footwear

Answer: A

Explanation: A) CORRECT. Being highly visible to passing motorists is critical to an EMT's safety while working on or near a roadway; reflective outer clothing is essential.

B) INCORRECT. Simply having a portable radio does not make an EMT safer at a crash scene.

C) INCORRECT. A flashlight can be effective at night to expose potential hazards and provide some visibility to the EMT's location for passing drivers, but if the collision occurs during the day it will not do much good.

D) INCORRECT. Proper footwear is important when working in EMS, but non-slip shoes would not provide the greatest benefit on the scene of a vehicle crash.

- 47) The tuberculin skin test (TST), formerly known as the purified protein derivative (PPD) test, is used to: 47) _____
- A) prevent tuberculosis from spreading following an exposure.
 - B) detect a person's exposure to tuberculosis.
 - C) determine if a person has infected others with TB.
 - D) inoculate healthcare workers against TB infections.

Answer: B

Explanation: A) INCORRECT. A tuberculin skin test will not prevent the spread of TB.

B) CORRECT. The tuberculin skin test will show if a person has been exposed to TB.

C) INCORRECT. The TST does not determine if a person is infected with TB, nor if they have infected others.

D) INCORRECT. There is no immunization against tuberculosis used in the United States.

- 48) You are on the scene of an "unknown medical" call. The patient is a 26-year-old, 250-pound male patient who suddenly becomes violently angry. Everything you say to the patient only makes him angrier. Offended by your questions, he screams that he is going to "cut your tongue out" and hurries into the kitchen. What should you do? 48) _____
- A) Radio for police and then calmly walk out of the house, being sure to take all of your medical equipment.
 - B) Leave immediately to a safe area and then call for police assistance.
 - C) Tackle the patient before he can get a kitchen knife to stab you.
 - D) Radio for police and relay to dispatch important scene information until they arrive.

Answer: B

Explanation: A) INCORRECT. Whenever a patient becomes violent or threatens violence, the EMT should immediately leave the scene and call for police and not do anything that will slow down or impede his escape, such as taking the time to collect heavy medical equipment.

B) CORRECT. The EMT should leave immediately, call for assistance, and not re-enter the scene until it has been made safe by law enforcement.

C) INCORRECT. The EMT should not try to fight the patient, as he is not trained in law enforcement techniques and the EMT can be seriously injured or killed.

D) INCORRECT. The EMT should never stay on-scene in an attempt to calm down the violent patient or provide pertinent scene information to the police. This is a very dangerous situation and can result in serious injury or death.

- 49) Which of the following parts of the nervous system is responsible for the "fight or flight" response experienced in response to a stressor? 49) _____
- A) Parasympathetic nervous system
 - B) Central nervous system
 - C) Sympathetic nervous system
 - D) Peripheral nervous system

Answer: C

Explanation: A) INCORRECT. The parasympathetic nervous system is responsible for more passive tasks like stimulating saliva production.

B) INCORRECT. The central nervous system consists of the brain and spinal cord and does not directly react to stress.

C) CORRECT. When exposed to stressors, the sympathetic nervous system increases its activity in what is known as the "fight-or-flight" syndrome.

D) INCORRECT. The peripheral nervous system does not create the "fight-or-flight" response.

- 50) You are treating a patient who has a productive cough and who reports weight loss, loss of appetite, weakness, night sweats, and fever. Which of the following diseases is most likely the cause of these signs and symptoms? 50) _____
- A) Pneumonia
 - B) Hepatitis B
 - C) AIDS
 - D) Tuberculosis

Answer: D

Explanation: A) INCORRECT. A person suffering from pneumonia may present with a cough, fever, chills and difficulty breathing.

B) INCORRECT. Abdominal and/or joint pain, dark urine, fever, weakness, and jaundice are common signs and symptoms of hepatitis B.

C) INCORRECT. Although rapid weight loss and night sweats or fevers are common among patients with AIDS, a productive cough is not generally related.

D) CORRECT. Patients who have TB may have the following signs and symptoms: productive cough (coughing up mucus or other fluid) and/or coughing up blood, weight loss and loss of appetite, lethargy and weakness, night sweats, and fever.

- 51) Which of the following is an accurate statement regarding tuberculosis (TB)? 51) _____
- A) The TB pathogen only affects lung tissue.
 - B) A tuberculin skin test can detect TB exposure.
 - C) TB is not spread through surface contamination.
 - D) The incubation period of TB is from 1 to 7 days.

Answer: B

- Explanation:
- A) INCORRECT. The tuberculosis infection can *sometimes* settle in the lungs, but may also be found in other areas of the body.
 - B) CORRECT. Although there is no immunization against tuberculosis used in the United States, a tuberculin skin test (TST) can detect exposure.
 - C) INCORRECT. Tuberculosis is highly contagious and can be spread through any contact with infected fluids, whether airborne or on surfaces.
 - D) INCORRECT. The incubation period for tuberculosis is between 2 and 12 weeks.

- 52) A(n) _____ is a situation that may lead to an acute stress reaction. 52) _____
- A) abuse of alcohol
 - B) routine call
 - C) ongoing night shift
 - D) injury of a coworker

Answer: D

- Explanation:
- A) INCORRECT. Substance abuse will generally lead to cumulative issues.
 - B) INCORRECT. A routine call will not lead to an acute stress reaction.
 - C) INCORRECT. An ongoing night shift may lead to cumulative stress problems.
 - D) CORRECT. An acute stress reaction occurs simultaneously with or shortly after a critical incident, such as a disaster or injury of a coworker.

- 53) What is a simple step EMTs can perform to help prevent the spread of flu in the prehospital environment? 53) _____
- A) Notify the CDC and local health department of flu cases.
 - B) Place a surgical mask on suspected flu patients.
 - C) Encourage patients to get their H1N1 antivirals early in the flu season.
 - D) Transport all patients with coughs to negative pressure rooms.

Answer: B

- Explanation:
- A) INCORRECT. Although it is beneficial for the CDC and other various health departments to track flu outbreaks, it does not prevent flu from spreading.
 - B) CORRECT. When a patient is suspected of having an infection spread by droplets (such as flu or measles), a surgical-type mask may be placed on the patient if he is alert and cooperative.
 - C) INCORRECT. Promoting flu shots in the community is important, but it is not a simple step that an EMT can perform to prevent the spread of flu in the prehospital setting.
 - D) INCORRECT. Transporting patients to negative pressure rooms is not a simple step.

57) When responding to the scene of a patient who was discovered to be unresponsive, not breathing, and without a pulse, family members state that the patient has been suffering from cancer for several years. One of his sons is cursing at you and your partner, saying that you are not moving fast enough. Which stage of grief is the patient's son experiencing in response to his father's death? 57) _____
A) Acceptance B) Depression C) Denial D) Anger

Answer: D

Explanation: A) INCORRECT. A person who has reached acceptance of the situation would not be cursing or ordering emergency providers to move quicker.
B) INCORRECT. A hallmark of the depression stage is sadness and despair.
C) INCORRECT. The denial stage is usually accompanied by a belief that nothing is wrong.
D) CORRECT. The anger stage of grief is commonly vented on family members and EMS personnel.

58) Which of the following terms refers to a positive form of stress that helps people work when under pressure and respond effectively? 58) _____
A) Prostress B) Unstress C) Distress D) Eustress

Answer: D

Explanation: A) INCORRECT. Prostress is not a term used to describe a positive form of stress.
B) INCORRECT. The word unstress is related to grammar and word pronunciation and does not apply to stress reactions.
C) INCORRECT. Distress is a negative form of stress that can create immediate and lasting negative effects.
D) CORRECT. Eustress is a positive form of stress that helps people to work under pressure and respond effectively.

59) You respond to a laceration call. When you arrive on-scene, you walk into the house and find a person suffering from a severe wrist laceration from a broken window. Without thinking, you immediately grab the wrist and apply direct pressure to the wound. You then realize that, in your hurry to save a life, you forgot to put on your gloves. You look down to see your hand is covered in blood. When practical, you immediately wash your hands thoroughly. What is your next best action? 59) _____

- A) If your hands had no open wounds, it is not required to report the exposure as there is no risk of infection, and you could get in trouble at work for failure to follow policy.
- B) Report the exposure incident because it is the law and you could be fined a large sum of money for failing to report the exposure.
- C) Report the exposure so you can protect yourself from any accidental infection.
- D) Report the exposure. Failure to report the exposure may result in you not receiving financial compensation for a potential line-of-duty injury.

Answer: C

Explanation: A) INCORRECT. Fear of discipline is never an acceptable reason for failing to report an exposure, and just because the EMT has no open wounds it does not mean that there is no risk.
B) INCORRECT. There is no law mandating that employees have to self-report any exposures.
C) CORRECT. Immediate reporting of any bloodborne pathogen exposure is critical to minimize any potential infection risk to the EMT.
D) INCORRECT. Although reporting the exposure may be helpful from a financial perspective should the EMT become infected, this is not the best reason for disclosing the exposure.

- 60) An EMT involved in an especially difficult call, such as one in which a coworker was killed, should be urged to: 60) _____
- A) seek help from a trained mental health professional.
 - B) discuss the experience freely with coworkers.
 - C) conceal the problem because care may not be covered financially.
 - D) begin a course of psychiatric medications.

Answer: A

Explanation: A) CORRECT. Medical professionals and EMS leaders agree that the best course of action for an EMT who is experiencing significant stress from a serious call or experience is to seek help from a mental health professional who is experienced in treating these issues.

B) INCORRECT. Openly discussing a difficult call with coworkers may increase the stress levels of all involved and the responses received may not always be helpful.

C) INCORRECT. Concealing the stress caused by a traumatic incident can be very damaging and result in long-term problems.

D) INCORRECT. Psychiatric medications are generally not the first step in dealing with a stressful situation.

- 61) The term *burnout* is also known as a(n) _____ stress reaction. 61) _____
- A) cumulative B) delayed C) post-traumatic D) acute

Answer: A

Explanation: A) CORRECT. A cumulative stress reaction (also known as *burnout*) occurs as a result of prolonged recurring stressors.

B) INCORRECT. A delayed stress reaction doesn't result in burnout.

C) INCORRECT. Burnout is not a sign or symptom of a post-traumatic stress reaction.

D) INCORRECT. An acute stress reaction occurs during or just after a critical incident, whereas burnout takes longer to develop.

- 62) Which of the following behaviors would demonstrate that an EMT understands reactions to death and dying? 62) _____
- A) Being firm with grieving family members and telling them they need to accept what has happened
 - B) Giving a dying patient hope that a cure can be found before the patient dies
 - C) Providing spiritual guidance to patients who express anger at God
 - D) Being tolerant of angry reactions by patients and family members

Answer: D

Explanation: A) INCORRECT. The EMT should just be patient and comforting; telling people how they should be feeling in a tragic situation is not beneficial.

B) INCORRECT. Offering false reassurances do not help in situations involving dying patients, and clearly shows a lack of understanding by the EMT.

C) INCORRECT. It is inappropriate for an EMT to try to correct, debate or convince a patient who is dying.

D) CORRECT. There may be feelings of helpless rage about death or the prospect of death. An EMT should know that the anger is not personal and to be tolerant of the reactions in these situations.

Answer Key
Testname: C2

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

Answer Key
Testname: C2

- 51) B
- 52) D
- 53) B
- 54) B
- 55) A
- 56) D
- 57) D
- 58) D
- 59) C
- 60) A
- 61) A
- 62) D