

CHAPTER 8-QUIZ
Cardiopulmonary resuscitation (CPR)

Circle the letter of the best answer.

1. In the lungs, the blood gives up _____ gathered while circulating through the body and exchanges it for oxygen.
 - a. plasma
 - b. carbon dioxide
 - c. carbon monoxide
 - d. nutrients
2. When the patient is a neonate, the appropriate pulse to use is the:
 - a. brachial.
 - b. carotid.
 - c. femoral.
 - d. apical.
3. When a patient is in cardiac arrest, the brain tissues use up oxygen and begin to die in _____ minutes.
 - a. 1 to 2
 - b. 2 to 3
 - c. 4 to 6
 - d. 8 to 10
4. For an adult patient, deliver compressions straight down and apply enough force to depress the sternum _____ inches.
 - a. 1/2 to 1
 - b. 1 to 1 1/2
 - c. 1 1/2 to 2
 - d. 2 to 2 1/2
5. When performing one-rescuer CPR on an adult patient, deliver _____ slow breath(s) after each _____ compression(s).
 - a. 1:5
 - b. 2:15
 - c. 5:1
 - d. 15:2
6. The correct rate to deliver compressions on an adult patient is _____ compressions a minute.
 - a. 80
 - b. 100
 - c. 120
 - d. 130
7. The best way to tell if you are delivering adequate compressions is:
 - a. the patient's skin color will improve.
 - b. a second rescuer will feel a pulse each time you compress the patient's chest.
 - c. the patient's pupils will dilate.
 - d. the patient's chest will rise and fall each time you compress the chest.
8. For situations requiring CPR, a patient is considered to be an infant if he is:
 - a. between the ages of 1 to 8 years of age.
 - b. small enough to pick up easily.
 - c. younger than 1 year of age.
 - d. between the ages of 1 and 3 years of age.

9. When performing one-rescuer CPR on a child patient, deliver _____ slow breath(s) after each _____ compression(s).
- a. 1:5
 - b. 2:15
 - c. 5:1
 - d. 15:2
10. The correct rate to deliver compressions on a neonate patient is _____ compressions a minute.
- a. 60
 - b. 80
 - c. 100
 - d. 120
11. A special procedure needed to save some heart attack patients is called:
- a. fibrillation
 - b. conduction
 - c. defibrillation
 - d. dysrhythmia
12. If the patient can receive the first shock within _____ minutes of collapse, survival is more likely.
- a. 2-4
 - b. 4-6
 - c. 6-8
 - d. 8-10
13. Use of an AED would be contraindicated for all of the following cardiac arrest patients EXCEPT a(n):
- a. 8-year-old child.
 - b. teenager in a moving ambulance.
 - c. 40-year-old trauma victim in respiratory arrest but not cardiac arrest.
 - d. 73-year-old woman.
14. If the First Responder gets a "no shock" message on the AED, he/she should:
- a. assess respirations and pulse.
 - b. deliver a shock.
 - c. resume CPR.
 - d. begin transport.
15. If it is needed, the AED will deliver the first shock at _____ joules.
- a. 100
 - b. 200
 - c. 300
 - d. 360

CHAPTER 8-IN THE FIELD

Review the following real-life situation. Then answer the questions that follow. Finally, it's the weekend. All week you have been looking forward to a day off to spend time with your family. Together you decide to take in an afternoon matinee and then go out for dinner. The movie was great-one that could be

enjoyed by adults and kids together. As the lights come on and you and your family prepare to leave the theater, you hear a woman screaming. As a trained First Responder, you are always alert for situations where you can help someone, so you run toward the woman as quickly as you can. The woman and her husband had also apparently decided to spend the afternoon at the movies, but now she is unable to awaken her husband. He is slumped in the seat, apparently unconscious.

1. What should you do first?
2. The patient proves to be unresponsive. What should you do now?
3. The patient is not breathing. What is your next step?
4. The patient is in cardiac arrest. Describe your steps in order.

CHAPTER 8-REVIEW

Write the word or words that best complete each sentence in the space provided.

1. _____ is the link most likely to improve survival rates for patients in cardiac arrest.
2. The constant exchange of _____ for _____ and _____ for _____ is important for life and body function.
3. When the heart stops beating, a person is in _____ .
4. _____ occurs the instant breathing and heartbeat stop. _____ begins four to six minutes later when brain damage begins.
5. You should interrupt CPR only for _____ and _____ checks or to move a patient. If you must move the patient, try to minimize the interruption to _____ to _____ seconds.
6. When the patient is an infant or a child, open the airway by placing the head in a _____ .
7. When the patient is a neonate and the heart rate is less than _____ beats per minute and NOT increasing, continue to assist ventilations and begin _____ .
8. If you think you hear ribs cracking while you are performing chest compressions, you should _____ , reposition if necessary, and _____ .

9. When dealing with cardiac arrest, the responsibility of the First Responder is to have someone alert dispatch and to

_____ .

10. Victims of _____ or _____ can sometimes be successfully resuscitated even after long periods of cardiac arrest.

11. The two types of AEDS are _____ and _____ .

12. The two types of "shockable rhythms" for an AED unit are _____ and _____ .

13. The two types of "nonshockable rhythms" for an AED unit are _____ and _____ .

14. The time that passes between the moment a person collapses until the defibrillation shock is delivered can be divided into _____ segments: _____

_____, _____ ,
_____, _____ , and
_____. _____ .

15. Automatic external defibrillators will not function unless the _____ are fully adhered to the patient's chest and the _____ are tightly secure.