

BASIC LIFE SUPPORT WRITTEN EXAM

Instructions: Read each of the following questions carefully and then place an “X” over the correct answer on the separate answer sheet provided. *Please do not write on the exam.*

1. To open the airway with a jaw thrust, position yourself:
 - a. Below the patient’s hips.
 - b. Above the patient’s head.
 - c. At the side of the patient, close to the chest.
 - d. At the side of the patient, close to the head.

2. Allow _____ between chest compressions so the heart can refill.
 - a. Excessive ventilation
 - b. Carotid pulse checks
 - c. Complete chest recoil
 - d. Longer and more frequent interruptions

3. You are using a bag-mask device to ventilate a 16-year-old in cardiac arrest who suddenly collapsed. An endotracheal tube has been placed by an advanced life support provider on the resuscitation team. Proper ventilation technique in the situation requires that you:
 - a. Squeeze the bag to deliver 1 breath every 6 seconds.
 - b. Squeeze the bag to deliver 1 breath every 10 seconds.
 - c. Squeeze the bag to deliver 1 breath when the AED is analyzing the heart rhythm.
 - d. Squeeze the bag to deliver 1 breath during each pause in compressions.

4. The first link in the out-of-hospital pediatric cardiac arrest chain of survival is:
 - a. Activating EMS by calling 911 or activating your occupational emergency action plan.
 - b. Preventing causes of respiratory failure or respiratory arrest, which lead to cardiac arrest.
 - c. Providing advanced life support (ALS) treatment with a focus on ROSC, and transport to a hospital.
 - d. Supporting a patient’s physical and emotional needs that are ongoing after hospital discharge.

5. Early recognition of cardiac arrest and prompt activation of EMS is which link in the adult Out-of-Hospital chain of survival?
 - a. Post-Cardiac Arrest Care
 - b. High-Quality CPR
 - c. Advanced Resuscitation
 - d. Activation of Emergency Response

6. You are the only BLS provider responding to witnessed collapse of a 11-year-old child during a softball game. The scene is safe, and you have taken standard precautions. The patient is unresponsive and gasping occasionally. You do not feel a carotid pulse and an AED is within sight. What should you do?
 - a. Assess for a femoral pulse and, if absent, deliver about 2 minutes of CPR.
 - b. Open the airway and provide rescue breathing or bag-mask ventilation.
 - c. Immediately start high-quality CPR, beginning with chest compressions.
 - d. Activate EMS or your occupational emergency action plan and get the AED.

7. You and another BLS provider are giving CPR to a 7-year-old child when the AED arrives. You turn on the AED, switch the AED to pediatric energy levels, and apply the pads. The other BLS provider should:
 - a. Continue high-quality compressions while the AED is charging.
 - b. Loudly say, “Clear!” to make sure no one is touching the patient.
 - c. Press the button on the AED to deliver the shock, if advised.
 - d. Pause compressions and breaths until the AED is ready to analyze.

8. To locate the brachial pulse on an infant, place two or three fingers:
- midway between the hip bone and pubic bone, just below the crease to the leg.
 - in the groove on the patient's neck, between the trachea and side neck muscles.
 - inside of the upper arm, midway between the elbow and shoulder.
 - under the bony part of the jaw, in the soft tissue near the chin.
9. Your adult patient is making abnormal gasping, snoring sounds. You definitely feel a carotid pulse. What should you do?
- Start high-quality CPR, beginning with chest compressions.
 - Assess scene safety and take standard precautions.
 - Check the carotid pulse about every two minutes.
 - Provide rescue breathing or bag-mask ventilation.
10. When breathing slows or stops, it leads to bradycardia, a slow heart rhythm of fewer than ____ beats per minute.
- 140
 - 90
 - 75
 - 60
11. You are a lone BLS provider responding to a possible adult cardiac arrest. The scene is safe. You have taken standard precautions. An untrained bystander heard the person collapse. You have activated EMS or your occupational emergency action plan. Other providers are on the way. An AED is located in the building, about 3 minutes away. The patient is unresponsive and making gurgling sounds. You do not feel a carotid pulse. You have a CPR mask with a one-way valve. What should you do?
- Send the bystander to get the AED. Start high-quality CPR.
 - Get the AED. Tell the bystander to stay with the patient.
 - Open the airway and provide rescue breathing with the CPR mask.
 - Reassess the patient's responsiveness, airway, breathing, and pulse.
12. You and another BLS provider have responded to a call for a 5-month-old infant with trouble breathing. The scene is safe. You have taken standard precautions. The infant is unresponsive and gasping. You have activated EMS or your occupational emergency action plan. A weak brachial pulse at about 40 beats per minute is felt. The infant's skin is mottled, and the hands and feet are cool to touch. Other BLS providers are a few minutes away with an AED. What should you do?
- Start high-quality CPR.
 - Maintain an open airway.
 - Reassess responsiveness, airway, breathing, and pulse.
 - Provide bag-mask ventilation and check the pulse every 2 minutes.
13. You have applied adult AED pads to your patient's chest, but the patient's chest hair is preventing the pads from adhering to the skin. What should you do?
- Remove the pads, shave the hair where necessary, and reapply pads.
 - Place 1 pad on the middle of the chest and 1 in the center of the back.
 - Hold the pads firmly in place until just before a shock is delivered.
 - Remove the pads, quickly dry the chest, then reapply pads.
14. The use of pediatric pads should be avoided in patients 8 years of age and older because:
- The energy level of the shock will be too high.
 - The energy level of the shock will be too low.
 - Some pads require a front-and-back position.
 - The energy level of the shock will be fatal.
15. You are a lone BLS provider responding to a possible cardiac arrest. The scene is safe, and you have taken standard precautions. The patient is unresponsive. You have activated EMS or your occupational emergency action plan. Other providers are on the way and you have an AED. The patient is occasionally gasping. You do not feel a carotid pulse. What should you do?
- Immediately start CPR, beginning with chest compressions.
 - Power on the AED. Apply adult pads to patient's bare chest.
 - Reassess the patient's responsiveness, airway, breathing, and pulse.
 - Open the airway and provide rescue breathing or bag-mask ventilation.

16. You are in the airway position of your BLS team providing bag-mask ventilation for a 6-year-old child pulled unresponsive from a swimming pool. A carotid pulse at about 100 beats per minute is definitely felt. Proper bag-mask ventilation requires that you:
- Give 30 to 40 breaths per minute.
 - Position yourself at the patient's side.
 - Ventilate until you see the chest rise.
 - Give a rescue breath by blowing through the mask valve.
17. The resuscitation triad, or triangle, is made up of the roles:
- Team Lead, CPR Coach, and Medicator
 - Team Lead, Compressor, and Airway
 - Compressor, CPR Coach, and Airway
 - Compressor, Airway, and Medicator
18. Four BLS providers have been performing CPR on a cardiac arrest patient for 18 minutes. The last switch in roles was only about a minute ago, but the compressor says, "I'm exhausted." What should they do?
- Coordinate to switch out the compressor.
 - Stop CPR for about 2 minutes to rest.
 - Encourage the compressor to perform high-quality compressions.
 - Stop compressions but continue to ventilate once every 6 seconds.
19. You have been giving abdominal thrusts to a choking adult with signs of a severe obstruction. He suddenly becomes unresponsive and slumps to the floor. You should:
- Sweep the mouth with your fingers.
 - Check for a carotid or femoral pulse.
 - Leave immediately to activate EMS.
 - Begin CPR, starting with compressions.
20. You are responding to a shout for help from Outpatient Services. As you approach, you find a distraught teen holding a pale, 2-month-old infant. "I was feeding him. He started choking. Oh please - please - help him." The scene is safe, and you have taken standard precautions. The responsive infant is coughing weakly and making a whistling sound when inhaling. You have activated your facility's occupational emergency action plan. What should you do now?
- Calm the teen. Stand ready to help if things get worse.
 - Attempt to sweep out the obstruction with your finger.
 - Hold the infant facedown over your forearm and give 5 back slaps.
 - Place the infant on a firm, flat surface. Begin CPR starting with compressions.
21. You are attempting to relieve a severe airway obstruction in a responsive pregnant patient. You should:
- Give 5 forceful back slaps and 5 chest thrusts.
 - Use chest thrusts instead of abdominal thrusts.
 - Perform about 2 minutes of CPR before checking pulse.
 - Reach into the mouth to sweep for the obstructing object.