

1. Which of the following terms is defined as emotional exhaustion and is characterized by chronic fatigue caused by stress and tension?
  - A) delirium
  - B) crisis syndrome
  - C) Selye's syndrome
  - D) burnout syndrome
  
2. The final stage of death and dying is:
  - A) anger
  - B) denial
  - C) depression
  - D) acceptance
  
3. The stage of emotional response to death and dying when family members fail to recognize a situation or refuse to accept care is called:
  - A) anger
  - B) denial
  - C) depression
  - D) acceptance
  
4. When communicating with family members, you should avoid:
  - A) giving false hope.
  - B) the words "death" or "dead."
  - C) emotional communication.
  - D) nonverbal communication.
  
5. Critical incident stress debriefing (CISD) should ideally be held within how many hours after the incident?
  - A) 2-3 hours
  - B) 6-12 hours
  - C) 12-24 hours
  - D) 24-72 hours
  
6. Critical incident stress debriefing is a program used to:
  - A) reduce anxiety from stressful job-related incidents.
  - B) evaluate standard operating procedures during critical incidents.
  - C) debrief press and media on details of a significant incident.
  - D) investigate complaints during a major incident.

7. The regular use of protective barriers and practices for avoiding exposure to communicable diseases is called:
- A) infection control.
  - B) infection prevention.
  - C) significant exposure.
  - D) body substance isolation (BSI).
8. Which of the following is considered to be personal protective equipment?
- A) gloves and eye protection
  - B) preventive antibiotics
  - C) reusable latex gloves
  - D) HEPA respirator for the patient
9. When you suction an airway, the minimum body substance isolation (BSI) precautions you should take are:
- A) hand washing and a mask.
  - B) gloves and eye protection.
  - C) eye protection, gloves, and a HEPA respirator.
  - D) hand washing, gloves, and a mask.
10. What is the single most important thing you should do routinely to help prevent transmission of infectious disease?
- A) Undergo a yearly health examination.
  - B) Maintain up-to-date immunizations.
  - C) Undergo pre-employment and follow-up tuberculosis (PPD) tests.
  - D) Wash your hands before and immediately after contacting each patient.
11. While caring for a patient, you are stuck by a needle. You should:
- A) immerse your wound in a hypochlorine solution.
  - B) immediately report the incident to your supervisor.
  - C) ignore the wound, since you have been cut many times before while on duty.
  - D) wash the wound with an EPA-recommended germicidal/viricidal cleaning agent.
12. You have been working at the scene of a major avalanche for 6 hours. Many injured and deceased are still being evacuated, and everyone at the scene is showing signs of distress during break periods. Appropriate actions would include:
- A) providing large amounts of coffee to the rescue workers.
  - B) calling for a CISM team for on-scene peer support.
  - C) allowing each worker to sleep for 15 minutes each hour.
  - D) reminding workers that they only have 2 hours left in their shift.

13. The preferred infection control measure for rescuers is:
- A) preventive antibiotics.
  - B) routine immunizations.
  - C) a semiannual physical exam.
  - D) following body substance isolation (BSI) precautions.
14. A response such as anger or denial by a family member is a common reaction to:
- A) pain.
  - B) death.
  - C) paranoia.
  - D) depression.
15. While trying to make a family member feel better after a loved one has died, another rescuer uses trite statements. This may be viewed by the family as:
- A) an attempt to make light of their grief.
  - B) supportive and caring.
  - C) coaching them through the grieving process.
  - D) a show of respect for the person who died.
16. An alarm response, reaction, and recovery are the three stages of response to stress known as:
- A) the fight or flight response.
  - B) general adaptation syndrome.
  - C) stress recognition theory.
  - D) critical incident management.
17. Which of the following is NOT a stage in the general adaptation syndrome?
- A) recovery
  - B) reaction and resistance
  - C) alarm response
  - D) euphoria
18. When a person has experienced a psychologically distressing event where they recall the event over and over again, they may be suffering from:
- A) manic depression disease
  - B) post-traumatic stress disorder
  - C) critical incident anxiety
  - D) stress syndrome

19. Strategies to manage stress may include:
- A) developing a more structured philosophical outlook.
  - B) reducing physical exercise.
  - C) increasing the number of hours at work.
  - D) not complaining about things you cannot change.
20. Warning signs of stress include:
- A) increased attention to families and friends.
  - B) improved interest in work.
  - C) the inability to concentrate.
  - D) avoidance of alcohol.
21. Which of the following is not considered a mechanism of transmission for infectious organisms?
- A) vehicle-borne
  - B) direct
  - C) splash
  - D) airborne
22. The exposure of a communicable disease from one person to another by physical touching describes which mechanism of transmission?
- A) direct contact
  - B) airborne
  - C) vector-borne
  - D) fluid splash
23. The goal of critical incident stress debriefing is to:
- A) identify those responsible for problems during a critical incident.
  - B) collect data for continuous quality improvement projects.
  - C) accelerate the normal recovery process following an incident.
  - D) recognize those who performed above their normal responsibilities.
24. The hepatitis immunization prevents the transmission of which type of hepatitis?
- A) B
  - B) C
  - C) D
  - D) Non-A Non-B

25. Which of the following body fluids is considered to be of NO risk for the transmission of hepatitis B?
- A) blood
  - B) semen
  - C) vomitus
  - D) vaginal secretions
26. Aside from wearing protective equipment, which of the following methods is simple and effective in protecting yourself from communicable diseases?
- A) washing your hands
  - B) avoiding patient contact
  - C) touching a patient's clothes only
  - D) standing at least 3 feet from a patient while talking
27. Which of the following types of gloves should be worn for cleaning and disinfecting the aid room?
- A) latex
  - B) vinyl
  - C) leather
  - D) utility (household)
28. While working on a patient with an open wound, you accidentally get some of the patient's blood on the front of your jacket. After the call, how should you clean your jacket?
- A) with hydrogen peroxide
  - B) with your regular laundry at home
  - C) with hot water and soap in the aid room
  - D) as outlined in your company's exposure-control plan
29. Which of the following immunizations is NOT necessary for rescue personnel?
- A) meningitis
  - B) hepatitis B
  - C) measles, mumps, rubella
  - D) diphtheria, pertussis, tetanus
30. After you transport a patient with a suspected communicable disease, it is NOT necessary or required to:
- A) air out the aid room.
  - B) dispose of any sharps.
  - C) remove any soiled or bloody linen.
  - D) clean the toboggan with a disinfectant.

31. Which of the following statements about infection control is true?
- A) HIV can survive for a long time on surfaces.
  - B) Blood can seep through your skin and infect you.
  - C) Latex gloves offer more protection than vinyl gloves.
  - D) Hands should always be washed after each patient contact.
32. The infection control concept that considers blood and certain body fluids to pose a risk for transmission of bloodborne disease best defines:
- A) the Ryan White Law.
  - B) indirect transmission.
  - C) universal precautions.
  - D) body substance isolation.
33. The concept and practice that approaches all body fluids as being potentially infectious best defines:
- A) the Ryan White Law.
  - B) indirect transmission.
  - C) universal precautions.
  - D) body substance isolation.
34. Contact with blood, body fluids, tissues, or airborne droplets by direct or indirect contact best defines:
- A) disease.
  - B) infection.
  - C) exposure.
  - D) infection transmission.
35. Which of the following statements about communicable diseases is true?
- A) Not all people who are infected with a communicable disease show signs or symptoms of illness.
  - B) Anyone who has been exposed to a communicable disease always is a carrier of that disease.
  - C) Anyone who is infected with a communicable disease shows signs or symptoms of that disease.
  - D) Any time you take the temperature of a patient who has a communicable disease, you need to wear gloves or you will become infected.

36. Which of the following statements about infection control is FALSE?
- A) You should wash your hands even if you have been wearing gloves.
  - B) You can transmit bloodborne pathogens by treating multiple patients while wearing the same gloves.
  - C) Latex gloves offer more protection than vinyl gloves.
  - D) Hand washing with soap and water should still be done even if a waterless hand washing cleanser has already been used.
37. Which of the following would NOT be considered a definitive sign of death by itself?
- A) dependent lividity
  - B) rigor mortis
  - C) apnea
  - D) putrefaction
38. When dealing with patients who are under a great deal of stress due to their injury/illness, the rescuer should:
- A) use a professional tone of voice and show courtesy during the assessment.
  - B) discourage them from expressing fears until a counselor is available.
  - C) explain to them that "everything will be all right" to calm them down.
  - D) restrain them if they are extremely emotional and will not calm down.
39. One of the best ways of combating the effects of summer heat is to drink plenty of liquids. During strenuous exercise, a person should drink:
- A) one pint per hour.
  - B) one gallon per hour.
  - C) two liters per hour.
  - D) one liter per hour.
40. A high level of aerobic fitness is more important for a hot environment than a cold one because:
- A) fit people perspire better than unfit people.
  - B) fit people don't feel heat like unfit people.
  - C) a good cardiovascular system correlates to improved skin heat loss.
  - D) perspiration from fit people has less intrinsic salt.
41. It is very important to force hydration in cold weather because:
- A) cold weather decreases the sense of thirst.
  - B) cold air increases the amount of moisture expelled during each breath.
  - C) one may be sweating without a sensation of wetness.
  - D) all of the above

42. Boiling water for consumption is recommended in the field because halogenation (treatment with iodine or bromine) will not kill:
- A) *Cryptosporidium*
  - B) *Giardia*
  - C) *Escherichia Coli*
  - D) *Amoeba*
43. Good physical fitness is especially important for a rescuer because:
- A) the job demands of motor fitness are significant.
  - B) the job demands for cardiovascular fitness are intense.
  - C) lung capacity is required at all times.
  - D) fitness relates directly to a rescuer's ability to handle stress, both psychological and physical.
44. In the absence of "do not resuscitate" orders, rescuers should:
- A) check breathing and pulse before quitting.
  - B) call an ambulance then start CPR.
  - C) start immediate emergency care, even if the body is cold.
  - D) start immediate emergency care if the body is warm and intact.
45. Which is NOT a definitive sign of death for humans:
- A) dependent lividity
  - B) lack of brain waves
  - C) rigor mortis
  - D) putrefaction
46. In responding to a grief situation such as the death of a loved one, a rescuer might appropriately say:
- A) "You shouldn't question God's will."
  - B) "You have to get on with your life."
  - C) "I know how you feel."
  - D) "That must be terribly painful—if you want to cry, it's okay."
47. Concerns of dying or critically ill patients may manifest as the following except:
- A) anger, hostility, and anxiety
  - B) loss of contact with reality, delusions, or hallucinations
  - C) jokingly morose
  - D) dependency or guilt

48. All of the following are true in caring for critically injured patients except:
- A) letting them know that there is no need to worry
  - B) avoiding sad or grim comments
  - C) orienting the patient to his/her surroundings
  - D) allowing for hope and encouraging it
49. The three-stage human response to stress starting with *alarm response, reaction and resistance*, and finally *recovery or exhaustion* is referred to as:
- A) CISM.
  - B) PTSD.
  - C) general adaptation syndrome.
  - D) critical incident stress.
50. Symptoms of posttraumatic stress disorder (PTSD) may include all but:
- A) schizophrenia
  - B) depression
  - C) amnesia of an event
  - D) flashback phenomenon
51. Stress affects a rescuer:
- A) physically
  - B) physiologically
  - C) psychologically
  - D) all the above
52. Burnout is a condition that:
- A) occurs temporarily.
  - B) occurs from chronic fatigue from a job over a long period of time.
  - C) happens due to bad work situations.
  - D) happens because of lack of hydration.
53. OSHA is:
- A) The National Institute of Occupational Health.
  - B) The National Consortium of Safety Professionals.
  - C) the national governmental group that develops, publishes and enforces guidelines for reducing risk in the workplace.
  - D) The Occupational Safety and Health Association.

54. Which of the following statements is true?
- A) All infectious diseases are contagious.
  - B) A contagious, communicable disease can be transmitted from one person to another.
  - C) Pneumonia from *Pneumococcus sp.* is contagious.
  - D) Hepatitis B is not infectious, but is contagious.
55. Which of the following is not a “risk” substance for communication of HIV?
- A) blood
  - B) open sores
  - C) contaminated needles
  - D) sneeze
56. Oxygen molecules pass through membranes in the lungs into the blood containing capillaries because the:
- A) membranes are very thin.
  - B) partial pressure of oxygen in the ambient atmosphere is greater than that in unoxygenated blood and will diffuse into the blood.
  - C) air is denser outside the lungs.
  - D) venous blood does not have enough oxygen.
57. Carbon monoxide poisoning is different from many toxic poisons because it:
- A) affects the brain first.
  - B) is found in car exhaust.
  - C) attacks all body parts
  - D) interferes with the body's ability to carry oxygen.
58. Most humans can live indefinitely at altitudes up to 17,000 feet through the process of:
- A) hyperventilation
  - B) hypoxia
  - C) acclimatization
  - D) supplemental oxygen
59. Which signs and symptoms are not indicative of a decrease in  $PO_2$ ?
- A) fatigue or lethargy
  - B) nausea or vomiting
  - C) headache
  - D) diarrhea

60. "Wind chill" has the most connection with which of the following?
- A) conduction
  - B) convection
  - C) respiration
  - D) radiation
61. The most important body organ for stabilizing body temperature is the:
- A) brain
  - B) skin
  - C) heart
  - D) hair
62. An example of a voluntary means of decreasing body heat loss is:
- A) decreasing perspiration.
  - B) shunting blood away from shell to the body core.
  - C) seeking shelter from the ambient environment.
  - D) removing clothing.
63. The best garment to put next to your skin for activities in cold climates:
- A) is soft and absorbent like cotton.
  - B) is a good insulator.
  - C) wicks moisture, is lightweight, nonabsorbent, and easy to dry.
  - D) wicks moisture well and is absorbent.
64. The most important thing to remember when dressing for cold weather is:
- A) the insulating capacity rating of the clothing.
  - B) the need for a brand name.
  - C) the ability of the material to shed water and wind.
  - D) layering.
65. What is the process by which a person loses body heat to a cooler area by air moving across the body surface?
- A) radiation
  - B) convection
  - C) conduction
  - D) evaporation

66. What is the process by which a person loses body heat when touching a cold object?
- A) radiation
  - B) convection
  - C) conduction
  - D) evaporation
67. What is the process by which a person loses body heat by sweating?
- A) radiation
  - B) convection
  - C) conduction
  - D) evaporation
68. It is important to keep patients well wrapped in winter, as they may lose body heat by lying on a cold surface. This type of heat loss is known as:
- A) conduction.
  - B) convection.
  - C) radiation.
  - D) evaporation.
69. Shivering is the body's method of:
- A) warning of an impending infection.
  - B) maintaining or increasing its core temperature.
  - C) maintaining or reducing its core temperature.
  - D) maintaining fluid consistency of the tissues.

## Chapter 2

## Answer Key

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

- 45. B
- 46. D
- 47. C
- 48. A
- 49. C
- 50. A
- 51. D
- 52. B
- 53. C
- 54. B
- 55. D
- 56. B
- 57. D
- 58. C
- 59. D
- 60. B
- 61. A
- 62. C
- 63. C
- 64. D
- 65. B
- 66. C
- 67. D
- 68. A
- 69. B