

2010 - Common Outdoor and Cold Injuries

1. What is the first sign of hypothermia?
 - A) shivering
 - B) drowsiness
 - C) speech difficulty
 - D) loss of coordination

2. The temperature at which a patient moves from mild to severe hypothermia is:
 - A) 95 ° F.
 - B) 90 ° F.
 - C) 85 ° F.
 - D) 80 ° F.

3. An early sign of severe hypothermia is when:
 - A) pulse and respirations increase at rest.
 - B) shivering stops.
 - C) lethargy and apathy begin.
 - D) the patient becomes pulseless.

4. In severe hypothermia:
 - A) ventricular fibrillation is a strong possibility.
 - B) no emergency care is appropriate as the patient will probably die.
 - C) the patient should be encouraged to lie down to conserve heat.
 - D) layer clothing on the patient's hands and feet.

5. Emergency care objectives for hypothermia include:
 - A) preventing further heat loss.
 - B) rewarming the core in advance of the extremities.
 - C) treating patient gently to avoid precipitating ventricular fibrillation.
 - D) A, B, and C.

6. In superficial frostbite:
- A) only the skin is frozen.
 - B) the underlying tissues are frozen.
 - C) both the skin and the underlying tissues are frozen.
 - D) muscles, tendons, and bones are frozen.
7. The preferred emergency care of frostnip is to:
- A) rapidly rewarm the affected part in a waterbath that has a temperature of 102–108° F.
 - B) apply direct body heat, no warmer than normal body temperature.
 - C) open any blisters that may have formed.
 - D) wrap the affected part in sterile dry dressings and immobilize.
8. The temperature of water used to rewarm a frostbite injury should be _____ ° F.
- A) 98.6
 - B) 98.6 to 99.9
 - C) 100 to 101.9
 - D) 102 to 108
9. The preferred emergency care for deep frostbite in the patrol room is to:
- A) apply direct body heat, no warmer than normal body temperature.
 - B) wrap the affected part in sterile, dry dressings and immobilize it.
 - C) rapidly rewarm the affected part in a water bath that has a temperature of 102–108° F.
 - D) open any blisters that may have formed.
10. If a patient must walk out of the wilderness on a re-warmed frozen foot:
- A) remove the patient's socks during the walk.
 - B) remove the patient's boots during the walk.
 - C) remove the patient's socks and boots during the walk.
 - D) protect the foot from re-freezing during the walk.