

## Chapter 1 EMS Systems

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### MULTIPLE CHOICE

1. EMS stands for:
- Evolve Medical Service
  - Emergency Medical Services
  - Emergency Medical School
  - European Medical Services

ANS: B                      DIF: Easy                      REF: Pg. 4

2. The first recorded use of an ambulance was by the military during the Siege of Malaga in:
- At the beginning of 1400
  - In the mid of 1400
  - At the start of 1500
  - At the end of 1400

ANS: D                      DIF: Moderate                      REF: pg. 4

3.                      (CoAEMSP) is the only accrediting body for paramedic programs which stands for:
- Committee on Accreditation of Educational Programs for the EMS Professions
  - Committee on Association of Educational Programs for the EMS Professions
  - Conference on Accreditation of Educational Programs for the EMS Professions
  - Committee on Accreditation of Educational Programs for the

EMS PeopleANS: A                      DIF: Hard                      REF: Pg. 10

4. A registry system which is used to test and establish licensure is:
- NREMT
  - NREMS
  - NREMP
  - NREMR

ANS: A                      DIF: Moderate                      REF: Pg. 9

5. What is Reciprocity?
- Granting certification to a provider from same state or agency
  - Granting certification to a provider from another state or agency
  - Granting certification to a provider both from same or another state
  - No need of granting certification from any

stateANS: B                      DIF: Easy                      REF:

Pg. 10

6. Select the correct ranking:
- The Dispatcher, EMT, Paramedic, Advanced EMT, Emergency Medical Responder
  - Emergency Medical Responder, Paramedic, EMT, Advanced EMT, The Dispatcher
  - Paramedic, Advanced EMT, EMT, Emergency Medical Responder, The Dispatcher
  - The Dispatcher, Emergency Medical Responder, EMT, Advanced EMT,

ParamedicANS: D                      DIF: Moderate                      REF: Pg. 12, 13

7. Who launched the first rescue squad called Roanoke Life Saving in 1928?
- Nancy Lee Caroline

- b. Baron Dominique-Jean Larrey
- c. Julian Stanley Wise
- d. Dr. David Boyde

ANS: C                      DIF: Easy                      REF: Pg. 6

8. The first National Standard Curriculum for paramedics was developed by:
- a. NHTSA
  - b. US DOT
  - c. AHRQ
  - d. EMS

ANS: B                      DIF: Easy                      REF: Pg. 8

9. At the emergency scene, what would be the initial assessment of patient?
- a. Respiration, Pulse, Blood pressure
  - b. Pulse, Skin, Blood test
  - c. Pupil, Respiration, Temperature
  - d. Blood pressure, Allergen test, Pulse

ANS: A                      DIF: Easy                      REF: Pg. 15

10. If a patient is facing diminished breath sounds and distended neck veins and his radial pulses are weakening and increasing in rate and you insert an oral airway and start ventilating him with a bag-mask device and 100% oxygen but still the patient is feeling difficult to breathe. So with further findings, you assessed that he is facing tension pneumothorax, what would you do?
- a. Rushed him to hospital
  - b. Perform chest compressions
  - c. Perform needle thoracotomy
  - d. Mouth to mouth breathing

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ANS: C                      DIF: Hard                      REF: Pg. 15

11. Choose the correct sequence of procedures for each emergency call?
- a. Preparation, Response, Scene Management, Patient Assessment
  - b. Response, Preparation, Scene Management, Patient Assessment
  - c. Scene Management, Preparation, Response, Patient Assessment
  - d. Patient Assessment, Scene Management, Response, Preparation

ANS: A                      DIF: Easy                      REF: Pg. 19

12. A treatment plan for specific illness or injury:
- a. Direct Medical Control
  - b. Standing order
  - c. Protocol
  - d. Indirect Medical Control

ANS: C                      DIF: Easy                      REF: Pg. 21

13. CQI stands for:
- a. Control Quality Improvement
  - b. Continuous Quality Improvement
  - c. Control Quantity Improvement
  - d. Continuous Quantity Improvement

ANS: B                      DIF: Easy                      REF: Pg. 22

14. How many points are there for good CQI process?
- a. 5
  - b. 8
  - c. 9
  - d. 10

ANS: D                      DIF: Easy                      REF: Pg. 22

15. The first step in conducting EMS research:
- a. Research domain
  - b. Research agenda
  - c. Research consortium
  - d. Research area

ANS: B                      DIF: Easy                      REF: Pg. 25

16. Which board approval is required before starting the research?
- a. Institutional Review Board
  - b. Institutional Research Board
  - c. International Review Board
  - d. International Research Board

ANS: A                      DIF: Moderate                      REF: Pg. 25

17. Types of Survey research:
- a. 2
  - b. 3
  - c. 4
  - d. 5

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ANS: A                      DIF: Easy                      REF: Pg. 26

18. Which research uses available data?
- a. Retrospective Research
  - b. Prospective Research
  - c. Cohort Research
  - d. Case study

ANS: A                      DIF: Easy                      REF: Pg. 26

19. Which is called snapshot of events and information?
- a. Longitudinal design
  - b. Cross-sectional design
  - c. Case study
  - d. Literature Review

ANS: B                      DIF: Easy                      REF: Pg. 26

20. A form of research in which the existing literature is reviewed, and the researcher analyzes the collection of research to draw a conclusion.
- a. Prospective Research
  - b. Cohort Research
  - c. Case Study
  - d. Literature Review

ANS: D                      DIF: Easy                      REF: Pg. 27

21. Types of sampling:  
a. 2  
b. 3  
c. 4  
d. 5

ANS: B                      DIF: Easy                      REF: Pg. 27

22. Tool in which investigators are unaware of the study arm into which the subject being interviewed has been enrolled:  
a. Unblinded Study  
b. Case study  
c. Descriptive study  
d. Blinded study

ANS: D                      DIF: Easy                      REF: Pg. 27

23. Where all parties are blinded, study is:  
a. Single-blinded  
b. Double-blinded  
c. Triple-blinded  
d. Blinded

ANS: C                      DIF: Easy                      REF: Pg. 27

24. ILCOR stands for:  
a. International Liaison Committee on Resuscitation  
b. International Liaison Conference on Resuscitation  
c. International Liaison Committee of Resuscitation  
d. International Liaison Conference of Resuscitation

ANS: A                      DIF: Easy                      REF: Pg. 29

25. In adults, chest compressions should be delivered at a rate of:  
a. 120 to 140 per minute and at a depth between 2 to 2.4 inches (5 to 6 cm)  
b. 100 to 120 per minute and at a depth between 3 to 3.4 inches (7 to 8 cm)  
c. 100 to 120 per minute and at a depth between 2 to 2.4 inches (5 to 6 cm)  
d. 110 to 120 per minute and at a depth between 2 to 2.4 inches (5 to 6 cm)

ANS: C                      DIF: Hard                      REF: Pg. 29

26. An early title given to an ambulance-style unit:  
a. mobile intensive care units  
b. medical intensive care units  
c. mandatory intensive care units  
d. mobile intensive care services

ANS: A                      DIF: Easy                      REF: Pg. 34

27. Guideline that is a written document signed by the EMS system's medical director that outlines specific directions, permissions, and sometimes prohibitions regarding patient care that is rendered prior to contacting medical control:  
a. Protocol  
b. Standing order

- c. Indirect control
- d. Direct control

ANS: B                      DIF: Easy                      REF: Pg. 21

28. When the documentation is required in procedures for each emergency call?
- a. After the patient assessment and care
  - b. After the patient transfer and report
  - c. After the management and disposition
  - d. After the Scene management

ANS: B                      DIF: Hard                      REF: Pg. 19

29. What makes you a health care professional?
- a. Empathy and integrity
  - b. Injury prevention
  - c. Time management
  - d. All of the above

ANS: D                      DIF: Easy                      REF: Pg. 18

30. Normal Blood pressure range
- a. 120/80 mm Hg
  - b. 100/80 mm Hg
  - c. 120/100 mm Hg
  - d. 110/80 mm Hg

ANS: A                      DIF: Moderate                      REF: Pg. 16

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## Chapter 2 Workforce Safety and Wellness

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### MULTIPLE CHOICE

1. How many hours being awake is equal to being legally intoxicated?
- 18hr
  - 10hr
  - 21hr
  - 24hr

ANS: C                      DIF: Easy                      REF: Pg. 39

2. Components of wellness:
- 2
  - 3
  - 4
  - 5

ANS: C                      DIF: Moderate                      REF: Pg. 39

3. The Life's Simple list from the American Heart Association (AHA) includes factors that have been found to improve heart health:
- Reduce blood sugar
  - Control cholesterol
  - Manage blood pressure
  - All of the above

ANS: D                      DIF: Easy                      REF: Pg. 39

4. How many calories a moderately active woman age 19 to 30 years requires?
- 1500kcal
  - 1800kcal
  - 2000kcal
  - None of the above

ANS: C                      DIF: Easy                      REF: Pg. 40

5. Which eatable is used in least quantity in maintaining diet?
- Apple
  - Cucumber
  - Milk
  - Nuts

ANS: D                      DIF: Hard                      REF: Pg. 39

6. The amount you need from each of food groups is directly dependent to:
- Age
  - Sex
  - Physical activity
  - All of the above

ANS: D                      DIF: Easy                      REF: Pg. 40

7. If a man age 25 with height 5'2 and weighs 80kg, what would be the best strategy to have healthy weight?
- Crash dieting
  - Exercise/Walking
  - Controlled Portions of meal
  - Both b and c

ANS: D                      DIF: Moderate                      REF: Pg. 41

8. A man having age 30years, what would be his target heart rate?
- 90 to 124 beats/min
  - 92 to 128 beats/min
  - 95 to 131 beats/min
  - 98 to 135 beats/min

ANS: C                      DIF: Hard                      REF: Pg. 42

9. A 40-year-old man has a resting heart rate of60 beats/min. Calculate his target heart rate?
- 121 to 157 beats/min
  - 118 to 154 beats/min
  - 122 to 158 beats/min
  - None of the above

ANS: D  
(120 to 156 beats/min)

DIF: Hard                      REF: Pg. 42

10. E-cigarettes or electronic cigarettes are also called:
- Alternative to tobacco cigarette
  - Electronic nicotine delivery system
  - Personal vaporizes
  - All of the above

ANS: D                      DIF: Easy                      REF: Pg. 43

11. The sleep wake cycle is an example of:
- Circadian rhythm
  - Ultradian rhythm
  - Exogenous zeitgeber
  - Infradian rhythm

ANS: A                      DIF: Moderate                      REF: Pg. 43

12. Circadian rhythms are controlled by special area of brain:
- Hypothalamus
  - Cerebrum
  - Suprachiasmatic nuclei
  - Cerebellum

ANS: C                      DIF: Moderate                      REF: Pg. 43

13. When lifting, head should be kept upright and facing forward with legs spread about:
- 10inches
  - 12inches
  - 15inches

d. 17inches

ANS: C                      DIF: Moderate              REF: Pg. 44

14. Which is the correct statement?
- a. All contagious diseases are infectious diseases
  - b. All infectious diseases are contagious diseases
  - c. Some infectious diseases are contagious diseases
  - d. Both a and c

ANS: D                      DIF: Moderate              REF: Pg. 46

15. Pneumonia caused by pneumococcus bacteria, which statement fits this example
- a. Some infectious diseases are contagious diseases
  - b. All infectious diseases are contagious diseases
  - c. Both
  - d. None

ANS: A                      DIF: Moderate              REF: Pg. 46

16. If the baby is born and tested positive with HIV, it indicates:
- a. Airborne transmission
  - b. Direct contact transmission
  - c. Indirect contact transmission
  - d. None of the above

ANS: B                      DIF: Moderate              REF: Pg.46

17. Tetanus-diphtheria boosters immunization is performed every:
- a. Year
  - b. 5 years
  - c. 10 years
  - d. 7 years

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ANS: C                      DIF: Moderate              REF: Pg. 48

18. Which mask is effective in preventing TB bacillus?
- a. Surgical mask
  - b. Fabric/cloth mask
  - c. N95
  - d. P100

ANS: C                      DIF: Moderate              REF: Pg. 49-50

19. If you have been exposed to a patient's blood or body fluids, what would be first guideline you would follow?
- a. Follow your department's infection control plan
  - b. Obtain proper immunization boosters
  - c. Wash the affected area immediately with soap and water
  - d. Turn patient care over to another EMS provider

ANS: D                      DIF: Moderate              REF: Pg. 51

20. If you are in a hostile situation and comes in contact with a hostile patient, what would be you best strategy?
- a. You will talk him out of the situation and convinced him to cooperate with you

- b. You will review surroundings and listen to him
- c. You will listen to him by de-escalating his emotions with tactful reasoning and empathy
- d. You will just follow your instincts according to the situation

ANS: C                      DIF: Hard                      REF: Pg. 51

21. If there is a road accident of an oil tanker hit with a car and 3 people critically injured, what would be your best strategy to act?
- a. You will park the ambulance near the incident area and rush to the injured people
  - b. You will review the surrounding and hazards and then act according to them
  - c. You will wait for the traffic obstacles to be solved
  - d. You will wait for the other units to arrive as there is oil leaking

ANS: B                      DIF: Hard                      REF: Pg. 52

22. Select the situation which fits the eustress:
- a. You lost a loved one and tried to suicide
  - b. You faced poverty in early childhood and overcome it by becoming successful entrepreneur
  - c. You failed in marriage and never try again
  - d. You lost your ability to walk in accident and blame it on people

ANS: B                      DIF: Hard                      REF: Pg. 53

23. If a house caught fire and you manage to make out safe with all family members but after that you feel fear and trembling, what would be the situation:
- a. Acute stress reaction
  - b. Delayed stress reaction
  - c. Cumulative stress reaction
  - d. None of the above

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ANS: B                      DIF: Hard                      REF: Pg. 55

24. If a woman lost his spouse and doing all the norms in routine without grieving and also don't talk about it, it would be:
- a. Denial
  - b. Regression
  - c. Projection
  - d. Displacement

ANS: A                      DIF: Hard                      REF: Pg. 56

25. A patient subconsciously converts anxiety into a bodily dysfunction is called:
- a. Depression
  - b. Overreaction
  - c. Displacement
  - d. Conversion hysteria

ANS: D                      DIF: Moderate                      REF: Pg. 57

26. If a paramedic after 5-6 years of his work feels exhausted in the morning while waking up for work and easily gets irritated during work. Moreover, not enjoying his hobbies and favorite food, it suggests:
- a. Conversion hysteria
  - b. Depression
  - c. Burnout

d. Stress

ANS: C                      DIF: Hard                      REF: Pg. 59

27. Select the correct sequence of grieving process:
- a. Denial, Anger, Depression, Bargaining, Acceptance
  - b. Denial, Anger, Bargaining, Depression, Acceptance
  - c. Depression, Denial, Bargaining, Anger, Acceptance
  - d. Anger, Depression, Denial, Bargaining, Acceptance

ANS: C                      DIF: Moderate                      REF: Pg. 61

28. If a man has cancer and he has accept that he is going to die soon but still hope to see his daughter child who is going to be born soon, is stage of:
- a. Acceptance
  - b. Hope
  - c. Bargaining
  - d. None of the above

ANS: C                      DIF: Hard                      REF: Pg. 61

29. If a child wants to know the details of the incident that results in the loss of loved one, what would be his/her age?
- a. 9 to 11 year
  - b. 9 to 10 year
  - c. 9 to 12 year
  - d. 6 to 9 year

ANS: C                      DIF: Moderate                      REF: Pg. 63

30. EAP stands for:
- a. Emergency Assistance Program
  - b. Employee Assistance Program
  - c. Employee Authority Program
  - d. Employee Assistance Practice

WWW.TBSM.WS

ANS: B                      DIF: Easy                      REF: Pg. 63

31. If a paramedic is experiencing flashbacks of horrific event and disturbed sleep, it indicates:
- a. Depression
  - b. Anxiety
  - c. PTSD
  - d. Burnout

ANS: C                      DIF: Moderate                      REF: Pg. 63