

Final Written Exam: Health Care Provider Basic Life Support

1. Which of the following would provide the most appropriate protection from disease transmission during rescue breathing?
 - A. Eyewear
 - B. Medical exam gloves
 - C. Bag-valve-mask
 - D. Surgical gown

2. The best chance a person has of surviving sudden cardiac arrest is when CPR is coupled with:
 - A. Advanced airway care
 - B. Heart medications
 - C. Rapid defibrillation
 - D. Intravenous fluids

3. Which of the following is a correct treatment for a conscious person experiencing a heart attack?
 - A. Use the FAST mnemonic to assess the degree of chest pain
 - B. Provide 1 regular or 2 low dose aspirin unless contraindicated
 - C. Defibrillate with an AED
 - D. Provide CPR, beginning with chest compressions

4. Which of the following heart disease risk factors cannot be avoided?
 - A. Hereditary traits
 - B. Smoking
 - C. Overweight / Obesity
 - D. High blood pressure

5. Which of the following statements regarding ventricular fibrillation (V-Fib) is correct?
 - A. V-Fib produces a slow pulse
 - B. The heart is not pumping blood
 - C. CPR can reverse V-Fib
 - D. There is no electrical activity in the heart

6. Which of the following is NOT a sign or symptom associated with heart attack?
 - A. Weakness/fatigue
 - B. Chest pain/discomfort
 - C. Shortness of breath
 - D. Facial paralysis

Final Written Exam: Health Care Provider Basic Life Support

7. A heart attack occurs when:
- A. A coronary artery spasms causing temporary oxygen deprivation
 - B. An abnormal electrical impulse causes the heart to beat irregularly
 - C. The heart muscle is deprived of oxygen to the extent that it begins to die
 - D. A person experiences shortness of breath
8. A 68 year old male suddenly experiences confusion, difficulty speaking, and weakness on one right side of his body. This person is likely experiencing:
- A. Heart attack
 - B. Stroke
 - C. Seizure
 - D. Electrocutation
9. A 47 year old female is lying face up on the ground, not moving, and does not respond when you tap and ask if she is okay. Your next step should be to:
- A. Provide rescue breaths
 - B. Check for a pulse at the brachial artery for no more than 10 seconds
 - C. Activate your emergency system for more help
 - D. Place her in the recovery position
10. How should you determine if an unresponsive person is breathing adequately?
- A. Place the person in the recovery position
 - B. Use a stethoscope
 - C. Check the pulse
 - D. Look at the chest for movement while listening for unusual sounds like gasping.
11. You have determined that an unresponsive adult male has occasional gasping breaths and no pulse. What should you do next?
- A. Place him in the recovery position
 - B. Reassess the pulse
 - C. Begin CPR, starting with chest compressions
 - D. Open the airway and give 2 rescue breaths.
12. To care for a conscious choking adult or child:
- A. Provide 30 chest compressions
 - B. Provide the Heimlich Maneuver
 - C. Check the carotid pulse for up to 10 seconds
 - D. Perform a finger sweep of his mouth

Final Written Exam: Health Care Provider Basic Life Support

13. How do you care for a 5 year old child who is unresponsive, not breathing, but has a pulse?

- A. Open the airway and provide one rescue breath about every 3 seconds
- B. Do a finger sweep to check for any foreign object
- C. Perform CPR starting with 30 chest compressions
- D. Wait until an AED is available

14. Which of the following statements regarding rescue breathing is correct?

- A. The duration of each breath is 2 seconds
- B. Infants require greater head tilt than adults to achieve an open airway
- C. Provide 1 breath every 10 seconds
- D. Breathe until the chest rises

15. Chest compressions on a child should be given to achieve a depth of:

- A. $\frac{1}{2}$ to $\frac{3}{4}$ inches
- B. 1 to 1 $\frac{1}{2}$ inches
- C. One third the depth of the chest
- D. One half the depth of the chest

16. Allowing for full recoil during chest compressions will:

- A. Increase the amount of blood that is returned to the heart
- B. Make ventilations difficult
- C. Decrease the amount of blood that is pumped throughout the body
- D. Increase the chance of gastric distention

17. Which of the following statements describes the correct care for a responsive choking infant?

- A. Provide 30 chest compressions, look inside the mouth, and attempt rescue breaths
- B. Provide 5 back slaps and 5 chest thrusts
- C. Provide 5-10 abdominal thrusts
- D. Provide 1 minute of rescue breathing

18. Which of the following statements regarding resuscitation of a person of any age is correct?

- A. Provide high quality CPR
- B. Perform compressions only when you are certain that no pulse is present
- C. Compress the chest at a rate that exceeds 120 compressions per minute
- D. Use an AED on children only if you have pediatric sized electrode pads.

Final Written Exam: Health Care Provider Basic Life Support

19. When administering CPR to an adult, Chest compressions should be delivered:
- A. At a rate of 80-100 compressions per minute and at a depth of 1.5-2 inches
 - B. At a rate of 100-120 compressions per minute and at a depth of 2-2.4 inches.
 - C. At a rate of 100-120 compressions per minute and at a depth of 2.5-3 inches.
 - D. At a rate of 120-140 chest compressions per minute and at a depth of 1.5-2 inches.
20. While administering rescue breathing, you notice the chest fails to rise and you feel resistance while delivering ventilations. What should you do next?
- A. Provide 30 chest compressions, look in the mouth, and reattempt ventilations
 - B. Reposition the airway and provide chest compressions
 - C. Increase the force of your ventilations
 - D. Reposition the airway and reattempt ventilations
21. After delivering a shock to a person in cardiac arrest, you should immediately:
- A. Reanalyze the heart rhythm
 - B. Provide CPR
 - C. Simultaneously check for breathing and pulse for up to 10 seconds
 - D. Open the airway and check for any obstruction
22. While using an AED you receive a “no shock advised” message. This indicates that:
- A. Breathing and circulation have returned
 - B. The AED has detected movement.
 - C. The person is not in V-Fib or V-Tach
 - D. You should cease resuscitation efforts
23. Which of the following statements regarding the use of an AED is correct?
- A. The AED should not be used on anyone less than 1 year of age
 - B. Chest compressions should be continued until the AED advises shock / no shock
 - C. Everyone should stand clear while the AED analyzes the heart rhythm
 - D. You should recheck for a pulse if the AED indicates it is charging for a shock
24. When caring for a hypothermic person in cardiac arrest:
- A. Provide chest compressions at a faster rate to speed rewarming
 - B. Give rescue breaths more frequently to reduce heat loss.
 - C. Avoid the placement of an advanced airway device.
 - D. Defibrillate only one time if indicated until the person can be rewarmed

Final Written Exam: Health Care Provider Basic Life Support

25. Which of the following statements about resuscitative care in special situations is correct?

- A. If you suspect spinal trauma use the jaw thrust with head-tilt to open the airway
- B. Care of a downing person in cardiac arrest differs greatly from others in cardiac arrest
- C. The medication Nalaxone is needed to reverse cocaine overdose
- D. Lateral uterine displacement should be applied for a woman in late term pregnancy

Final Written Exam: Health Care Provider Basic Life Support

ANSWER KEY

1. C
2. C
3. B
4. A
5. B
6. D
7. C
8. B
9. C
10. D
11. C
12. B
13. C
14. D
15. C
16. A
17. B
18. A
19. B
20. D
21. B
22. C
23. C
24. D
25. D