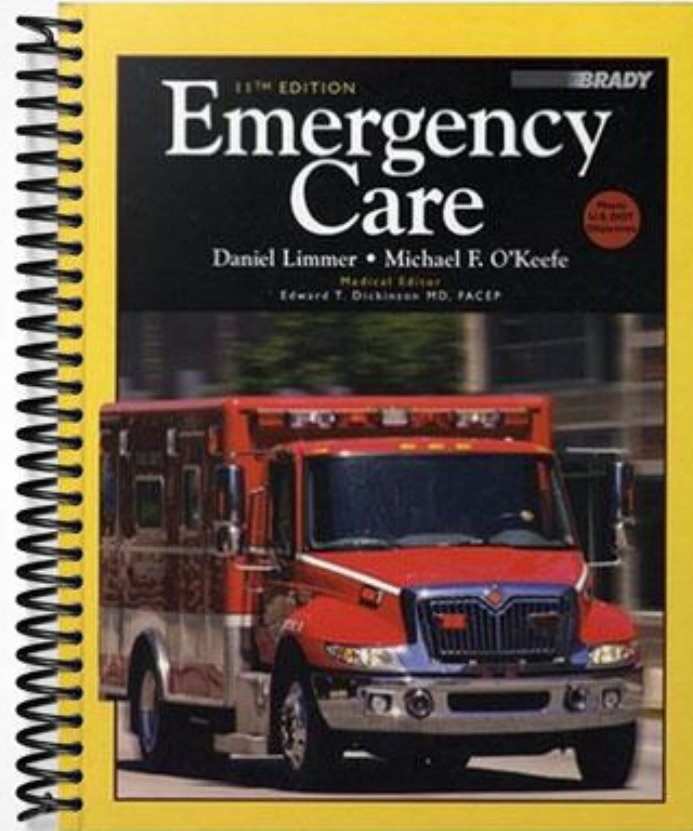


**TEST BANK**



**MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.**

- 1) Which of the following is NOT a way to safeguard your well-being as an EMT? 1) \_\_\_\_\_
- A) Protecting the patient from harm
  - B) Taking body substance isolation (BSI) precautions
  - C) Understanding and dealing with stress
  - D) Ensuring scene safety

Answer: A

- 2) Which of the following descriptions best describes the term "pathogen"? 2) \_\_\_\_\_
- A) A medication taken after exposure to an infectious disease
  - B) A helpful organism found in the body that helps promote healing
  - C) A substance that helps the body fight infection
  - D) An organism that causes infection and disease

Answer: D

- 3) What is another term to describe the items needed for standard precautions or body substance isolation precautions? 3) \_\_\_\_\_
- A) Acquired immunity
  - B) Biohazardous material protection
  - C) Infection control
  - D) Personal protective equipment

Answer: D

- 4) Which of the following would be the primary reason for changing gloves between contact with patients? 4) \_\_\_\_\_
- A) To properly account for the items charged to each patient's account
  - B) To minimize the possibility of latex allergy
  - C) To prevent spreading infection to the next patient
  - D) To protect oneself from becoming infected

Answer: C

- 5) Which of the following is the primary reason that the EMT must wear protective eye wear when caring for patients? 5) \_\_\_\_\_
- A) To prevent chemical contamination
  - B) To prevent injury by foreign bodies
  - C) To avoid exposure to body fluids
  - D) To avoid contaminating the patient

Answer: C

- 6) What is the EMT protecting himself against by wearing protective eyewear? 6) \_\_\_\_\_
- A) Blood-borne pathogens
  - B) Airborne pathogens
  - C) Both A and B
  - D) Neither A nor B

Answer: C

- 7) While responding to the scene of a motor vehicle accident, wearing which of the following is NOT called for as a standard precaution? 7) \_\_\_\_\_
- A) Heavy-duty gloves
  - B) Gown
  - C) Goggles
  - D) Vinyl gloves

Answer: B

- 8) When covering a patient's mouth and nose with a mask of any kind, which of the following is the primary risk? 8) \_\_\_\_\_
- A) Obstructing the ability to visualize and protect the airway
  - B) Interfering with the patient's circulation
  - C) Upsetting the patient

D) Interfering with the ability to communicate with the patient

Answer: A

- 9) Which of the following situations does NOT require the use of protective gloves, although gloves should be worn as part of standard patient care? 9) \_\_\_\_\_
- A) Caring for a patient with a sprained ankle
  - B) Childbirth
  - C) Arterial bleeding
  - D) Caring for a patient with multiple injuries

Answer: A

- 10) Which of the following terms is best defined as "a state of physical and/or psychological arousal to a stimulus"? 10) \_\_\_\_\_
- A) Stress
  - B) Distress
  - C) Pathology
  - D) Homeostasis

Answer: A

- 11) Which of the following is NOT generally considered to be a stressor in the job of EMS personnel? 11) \_\_\_\_\_
- A) Rain showers
  - B) Verbally abusive bystander
  - C) Varied workload
  - D) Dealing with people in crisis

Answer: A

- 12) Which of the following parts of the nervous system is responsible for the "fight or flight" response experienced in response to a stressor? 12) \_\_\_\_\_
- A) Brain
  - B) Parasympathetic nervous system
  - C) Central nervous system
  - D) Sympathetic nervous system

Answer: D

- 13) Which of the following options best defines the term "hypertrophy"? 13) \_\_\_\_\_
- A) Overproduction of hormones
  - B) Encasement in a fibrous membrane
  - C) Enlargement
  - D) Loss of function

Answer: C

- 14) Why do EMS providers wear gloves? 14) \_\_\_\_\_
- A) To protect the patient from being infected by the EMS provider
  - B) To prevent from spreading diseases between patients
  - C) To prevent from becoming contaminated
  - D) All of the above

Answer: D

- 15) Which of the following is a critical hormone in the body's ability to adapt to and cope with stress? 15) \_\_\_\_\_
- A) Adrenalin
  - B) Cortisol
  - C) Testosterone
  - D) Epinephrine

Answer: B

- 16) Which of the following is a term for the body's response to stress? 16) \_\_\_\_\_
- A) General sympathetic syndrome
  - B) General relaxation syndrome
  - C) General adjustment syndrome
  - D) General adaptation syndrome

Answer: D

- 17) Which of the following is the correct course of action for the EMT to take when transporting a patient with tuberculosis? 17) \_\_\_\_\_
- A) A HEPA mask should be worn by the EMT and a surgical mask by the patient.

- B) A surgical mask should be worn by the EMT and the patient.
- C) A surgical mask should be worn by the EMT and a HEPA mask by the patient.
- D) A HEPA mask should be worn by the EMT and the patient.

Answer: A

- 18) Which of the following is NOT a stage in the body's response to stress? 18) \_\_\_\_\_
- A) Anticipation stage
  - B) Alarm/reaction stage
  - C) Resistance stage
  - D) Exhaustion stage

Answer: A

- 19) What are the minimum standard precautions that should be taken by an EMT while assisting with an emergency child birth? 19) \_\_\_\_\_
- A) Gloves, mask, and goggles
  - B) Gloves and mask
  - C) Gloves
  - D) Gloves, mask, goggles, and gown

Answer: D

- 20) Which of the following best describes hepatitis A? 20) \_\_\_\_\_
- A) Blood born
  - B) Air borne
  - C) Food borne
  - D) None of the above

Answer: D

- 21) Which of the following pathogens can live in dried blood for weeks and thus should be a major concern for EMS providers even while cleaning contaminated equipment? 21) \_\_\_\_\_
- A) Hepatitis B
  - B) AIDS
  - C) Hepatitis A
  - D) Tuberculosis

Answer: A

- 22) Which of the following is NOT a physiologic effect of the "Stress Triad" as described by the psychologist Hans Selye? 22) \_\_\_\_\_
- A) Amnesia for stressful events
  - B) Hypertrophy of the adrenal glands
  - C) Bleeding gastric ulcers
  - D) Atrophy of the lymph nodes

Answer: A

- 23) Which of the following options best describes the term "atrophy"? 23) \_\_\_\_\_
- A) Hives that occur as a result of stress
  - B) Listlessness and lack of emotion
  - C) Discoloration of the tissues
  - D) Wasting of a tissue or organ

Answer: D

- 24) What is most likely to occur to the heart if it is required to pump for several years against untreated high blood pressure? 24) \_\_\_\_\_
- A) It will undergo atrophy.
  - B) It will undergo hyperplasia.
  - C) It will undergo hypertrophy.
  - D) It will undergo metaplasia.

Answer: C

- 25) Any situation that triggers a strong emotional response is called a \_\_\_\_\_ incident. 25) \_\_\_\_\_
- A) disastrous
  - B) clinical
  - C) burnout
  - D) critical

Answer: D

- 26) The term "burnout" is also known as a \_\_\_\_\_ stress reaction. 26) \_\_\_\_\_
- A) delayed
  - B) habitual
  - C) cumulative
  - D) post-traumatic

Answer: C

- 27) Which of the following best describes Post-Traumatic Stress Disorder? 27) \_\_\_\_\_

- A) A chronic stress reaction
- B) A delayed stress reaction
- C) A psychological stress reaction
- D) An acute stress reaction

Answer: B

- 28) One's "cognitive ability" refers to his ability to do which of the following? 28) \_\_\_\_\_
- A) Use fine motor skills
  - B) Control one's emotions
  - C) Think and solve problems
  - D) Adapt to stress

Answer: C

- 29) Which of the following is a positive form of stress that helps people work when under pressure and respond effectively? 29) \_\_\_\_\_
- A) Unstress
  - B) Prostress
  - C) Eustress
  - D) Distress

Answer: C

- 30) Of the following, which is the lowest priority of the EMT at the scene of a hazardous materials incident? 30) \_\_\_\_\_
- A) Assessment and treatment of the ill and injured
  - B) Safety of others
  - C) Recognizing potential problems
  - D) Personal safety

Answer: A

- 31) You have been dispatched on a call for a "man down" with reported gunshot wounds. As you arrive, you see several agitated bystanders looking at a man lying in the alleyway. The bystanders are screaming to you, "Help him, he's bleeding to death, help him!" Which of the following is the best course of action? 31) \_\_\_\_\_
- A) Call for law enforcement and wait in the ambulance, away from the scene.
  - B) Tell the bystanders to move back and give you room to work.
  - C) Call for law enforcement and immediately put the patient in the back of the ambulance for treatment on the scene.
  - D) Ask the bystanders if the shooter is still on the scene before entering the scene.

Answer: A

- 32) Which of the following words CANNOT be used to sum up the actions required to respond to danger? 32) \_\_\_\_\_
- A) Plan
  - B) Observe
  - C) Treat
  - D) React

Answer: C

- 33) Which of the following terms is used to describe a person who has committed a crime? 33) \_\_\_\_\_
- A) Penetrator
  - B) Persecutor
  - C) Perpetrator
  - D) Prosecutor

Answer: C

- 34) Which of the following is NOT one of the three "Rs" of reacting to danger? 34) \_\_\_\_\_
- A) Retreat
  - B) Radio
  - C) Recover
  - D) Re-evaluate

Answer: C

- 35) You are on the scene of an unresponsive woman who smells of alcohol and has been beaten. As you begin treatment, a man identifying himself as the woman's husband tells you to get out of his house or he's going to kill you. Which of the following should be your immediate course of action? 35) \_\_\_\_\_
- A) Try to "talk the man down" as you continue your treatment of the patient.
  - B) Get the woman out of the house as quickly as possible.

- C) Leave the house and call for help.
- D) Shield the woman with your body and have your partner call for help.

Answer: C

- 36) What is the generic term used to describe all organisms that cause infection? 36) \_\_\_\_\_  
A) Viruses                      B) Mold                      C) Bacteria                      D) Pathogens

Answer: D

- 37) What term describes the release of harmful substances into the environment? 37) \_\_\_\_\_  
A) Poisonous substance                      B) Infectious agent  
C) Hazardous materials incident                      D) Spillage

Answer: C

- 38) Which of the following best describes the means of infection that occurs when a patient's breathing, coughing, or sneezing sprays tiny droplets of liquid? 38) \_\_\_\_\_  
A) Fomite                      B) Airborne                      C) Bloodborne                      D) Direct contact

Answer: B

- 39) Hepatitis A is acquired primarily through contact with which of the following substances? 39) \_\_\_\_\_  
A) Amniotic fluid                      B) Fecal material                      C) Droplet spray                      D) Blood

Answer: B

- 40) Which of the following is NOT true concerning hepatitis B? 40) \_\_\_\_\_  
A) It is an acquired infectious disease.                      B) An effective vaccine is available.  
C) It is cured by taking antibiotics.                      D) It can be fatal.

Answer: C

- 41) Which of the following statements concerning tuberculosis is NOT true? 41) \_\_\_\_\_  
A) TB can be spread without direct patient contact.  
B) TB is always a disease of the lungs.  
C) TB is spread through the airborne route.  
D) Vaccination against TB is not commonly available.

Answer: B

- 42) Which of the following statements about AIDS is true? 42) \_\_\_\_\_  
A) Thirty percent (30%) of all HIV positive needle sticks result in AIDS.  
B) There is an effective vaccine against AIDS available to healthcare workers.  
C) HIV infection results in AIDS and is fatal within two years of contact.  
D) AIDS presents far less risk to healthcare workers than does hepatitis B.

Answer: D

- 43) Which of the following is a federal act that mandates a procedure by which emergency healthcare providers can find out if they have been exposed to potentially life-threatening diseases while on the job? 43) \_\_\_\_\_  
A) The EMS Personnel Health Protection Act of 1991  
B) The Ryan White Comprehensive AIDS Resource Emergency Act  
C) The Occupational Exposure to Bloodborne Pathogens Act  
D) The Communicable Disease Notification Act

Answer: B

- 44) Which of the following groups is at greatest risk of contracting and transmitting tuberculosis? 44) \_\_\_\_\_  
A) IV drug abusers

- B) Those with suppressed immune systems
- C) Anyone with another communicable disease
- D) Cattle farmers

Answer: B

45) You are treating a patient who has a productive cough and who reports weight loss, loss of appetite, weakness, night sweats, and fever. Which of the following diseases is most likely the cause of these signs and symptoms? 45) \_\_\_\_\_

- A) AIDS
- B) Hepatitis B
- C) Pneumonia
- D) Tuberculosis

Answer: D

46) Which of the following is the form of stress that can cause immediate and long-term problems with an EMT's health and well-being? 46) \_\_\_\_\_

- A) Eustress
- B) Distress
- C) Megastress
- D) Hyperstress

Answer: B

47) Which of the following is NOT a stage in the grief process? 47) \_\_\_\_\_

- A) Denial
- B) Acceptance
- C) Fear
- D) Bargaining

Answer: C

48) A family member who keeps pleading with a deceased loved one to "wake up" is experiencing which reaction to death and dying? 48) \_\_\_\_\_

- A) Denial
- B) Projection
- C) Anger
- D) Rejection

Answer: A

49) Which of the following behaviors would demonstrate that an EMT understands reactions to death and dying? 49) \_\_\_\_\_

- A) Being firm with grieving family members and telling them they need to accept what has happened
- B) Being tolerant of angry reactions by patients and family members
- C) Providing spiritual guidance to patients who express anger at God
- D) Giving a dying patient hope that a cure can be found before the patient dies

Answer: B

50) Which of the following is NOT a common sign or symptom of stress? 50) \_\_\_\_\_

- A) Increase in risk-taking behavior such as gambling or dangerous sports
- B) Loss of interest in enjoyable hobbies and activities
- C) Inability to concentrate
- D) Irritability with friends, family, co-workers, or patients

Answer: A

51) Which of the following is a common sign/symptom of stress? 51) \_\_\_\_\_

- A) Increase in sexual activity, often with multiple partners
- B) Loss of appetite
- C) Seeking social activities for distraction
- D) Fever unexplained by physical illness

Answer: B

52) Which of the following is NOT a positive way of dealing with stress? 52) \_\_\_\_\_

- A) Planning time for relaxing activities
- B) Reducing consumption of caffeine and alcohol
- C) Physical exercise

D) Keeping as busy as possible

Answer: D

53) Which of the following best describes the purpose of CISD? 53) \_\_\_\_\_

- A) Identifying individuals who are not emotionally capable of handling EMS roles and responsibilities
- B) Bringing to the public's attention the stressful roles of public safety personnel
- C) Re-enacting the call to confront stressors
- D) Reducing psychological trauma

Answer: D

54) A NIOSH-approved HEPA or N-95 respirator is recommended when caring for a patient with which of the following? 54) \_\_\_\_\_

- A) AIDS
- B) Tuberculosis
- C) A common cold
- D) Vomiting and diarrhea

Answer: B

55) Which of the following provides the greatest personal safety for the EMT working at night or in traffic? 55) \_\_\_\_\_

- A) Flashlight
- B) Reflective outer clothing
- C) White-colored outer clothing
- D) Fluorescent wrist glow-sticks

Answer: B

56) Which of the following is acceptable for use by the EMT to reduce the potential for injury due to violence? 56) \_\_\_\_\_

- A) Handcuffs
- B) Body armor
- C) A small caliber handgun
- D) A baton or night-stick

Answer: B

57) An EMT is confronted by an armed gunman who is threatening to kill the EMT and his partner. An elevation in the EMT's heart rate and blood pressure occurs in which stage of the body's response to stress? 57) \_\_\_\_\_

- A) Alarm reaction stage
- B) Response stage
- C) Resistance stage
- D) Exhaustion stage

Answer: A

58) While transporting a patient to the hospital who has a history of terminal brain cancer, he says "I know I'm going to die, but first I want to see my grandson graduate from high school." What stage of death and dying describes this patient's current condition? 58) \_\_\_\_\_

- A) Denial
- B) Anger
- C) Bargaining
- D) Depression

Answer: C

59) When responding to the scene of a patient who was discovered to be unresponsive, not breathing, and does not have a pulse, family states the patient has been suffering from cancer for several year. One of his sons is cursing at you and your partner saying that you are not moving fast enough. What stage is the patient's son experiencing in response to his father's death? 59) \_\_\_\_\_

- A) Acceptance
- B) Anger
- C) Denial
- D) Depression

Answer: B

60) Which of the following is a likely incident the EMT should expect to discover when responding to a terrorist incident? 60) \_\_\_\_\_

- A) Biological incident



- B) Chemical incident
- C) Explosive incident
- D) All of the above are possible terrorist incidents the EMT should be aware of.

Answer: D

61) What are the minimum Standard Precautions an EMT should take when transporting a patient infected with SARS or avian flu? 61) \_\_\_\_\_

- A) Gloves and N-95 mask
- B) Gloves, N-95 mask, and goggles
- C) Gloves, N-95 mask, goggles, and gown
- D) Gloves

Answer: C

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

- 52) D
- 53) D
- 54) B
- 55) B
- 56) B
- 57) A
- 58) C
- 59) B
- 60) D
- 61) C