

1. **You are skiing down your favorite slope and notice a small group gathered around a middle-aged man sitting on the ground. You note that the boarder is holding his wrist and appears in pain. He agrees to have you examine him but then refuses any more help. You explain the possible consequences of not splinting the wrist and of the boarder trying to get down the mountain without help. This explanation of the risk of refusing care is provided in order to:**
  - a. demonstrate that you know how to treat a wrist injury.
  - b. reduce your risk of an accusation of battery.
  - c. diminish your risk of being accused of abandonment.
  - d. help the patient understand why you are about to put the splint on anyway.
  
2. **Good Samaritan laws generally:**
  - a. apply to people who do not receive compensation for helping people.
  - b. protect a ski patroller from being sued in every circumstance.
  - c. provide enough protection so that you need not to know whether your mountain has insurance.
  - d. are the same in every state.
  
3. **Patients with chest pain due to a suspected heart attack are generally transported in \_\_\_\_\_ position.**
  - a. the semi-Fowler
  - b. a supine
  - c. a prone
  - d. the Rothberg
  
4. **The first step in packaging a patient is:**
  - a. deciding how to get the patient and equipment off the hill.
  - b. deciding the fastest route of transport.
  - c. deciding who will be in the handles of the toboggan during transport.
  - d. Typically placing the patient's injury uphill.
  
5. **An urgent move is required when:**
  - a. the rescuer and the patient must move to a safer location.
  - b. a crowd of people has formed around you and the patient.
  - c. a patient is in severe pain.
  - d. the patient complains of being cold on a 10-degree day.
  
6. **Upon finding an unconscious patient at the scene of a bad accident, your next step should be to:**
  - a. delay your examination and ask other patrollers to respond as witnesses.
  - b. begin your assessment but not provide any treatment until another patroller arrives.
  - c. delay your examination until you can locate a spouse or a friend of the patient.
  - d. assume "implied consent" and begin to examine and treat the patient.
  
7. **After scene safety is established in a trauma situation, what is the next important thing to determine?**
  - a. NOI
  - b. ABCDs
  - c. SAMPLE
  - d. MOI
  
8. **To lessen one's chances of injury while lifting and moving a patient, one should:**
  - a. roll the patient.
  - b. avoid manual moves and instead use mechanical devices.
  - c. combine good lifting and moving techniques.
  - d. use a long-axis drag to avoid lifting.

9. **What is 3:35 p.m. in military time?**
- 1335
  - 1735
  - 1535
  - 0335
10. **Which of the following lists identifies the regions of the spinal column from superior to inferior?**
- Cervical, thoracic, lumbar, sacral, and coccyx
  - Thoracic, lumbar, cervical, coccyx, and sacral
  - Coccyx, lumbar, thoracic, cervical, and sacral
  - Cervical, lumbar, thoracic, sacral, and coccyx
11. **While you are alone and caring for an injured skier in the aid room, a fellow patroller calls and tells you that your own young child was just injured in the terrain park. Concerned for your child, you leave the patient's care unfinished and run to the terrain park. Your action could be viewed as:**
- abandonment.
  - a breach of ethics.
  - your duty to act.
  - denial of care.
12. **In humans, the body systems interact with each other to maintain a stable internal environment. An example of this is the nervous system, which works with the cardiovascular system to maintain a steady blood pressure. The ability of an organism to adjust its physiologic processes to maintain a relatively stable internal environment is known as:**
- dependency.
  - metabolism.
  - electrophysiology.
  - homeostasis.
13. **You arrive at the scene where a patient has a possible fracture of the left hip. You note that she is lying on her back and her left leg is turned inward. You would document this position as:**
- supine with lateral rotation of the left lower extremity.
  - lateral recumbent with dorsal rotation of the left leg.
  - supine with medial rotation of the left lower extremity.
  - supine with left rotation of the right leg.
14. **The failure to exercise the care that a reasonably prudent person with similar training would exercise in a similar circumstance is known as:**
- assault.
  - gross negligence.
  - standard of care breach.
  - negligence.
15. **Most teaching systems have found that the most effective way to master technical skills is by:**
- memorizing the skill guides in a book.
  - teaching the skills to a class.
  - observing others doing the skills.
  - personally practicing the skills.

16. **During transport, the patient must be properly positioned for comfort and to do no further harm. The Semi-Fowler position places the patient in a:**
  - a. supine position with the legs raised 15 degrees.
  - b. sitting position with the head raised 45 degrees.**
  - c. supine position with the legs raised 45 degrees.
  - d. sitting position with the head raised 90 degrees.
  
17. **When handling a mass-casualty incident, you use triage to:**
  - a. do the most good for the most people.**
  - b. minimize the cost of responding to the incident.
  - c. do the most good for a limited number of people.
  - d. work on all injured parties.
  
18. **The Incident Commander has assigned you to be the Operations Section Chief. In this role you are responsible for all of the following except:**
  - a. determining incident resource needs.
  - b. participating in the planning process.
  - c. reducing immediate hazards.
  - d. determining incident objectives and strategy.**
  
19. **Which of the following pieces of equipment do NUEC/NUOFA 3 Providers use most to move, lift, and carry a patient?**
  - a. Basket stretcher
  - b. Long spine board (LSB)**
  - c. Orthopedic stretcher
  - d. Portable stretcher
  
20. **Involuntary or smooth muscles are found in which of the following structures?**
  - a. Muscles of the arms and legs
  - b. Blood vessels and intestines**
  - c. The heart and blood vessels
  - d. The central nervous system
  
21. **Which of the following tasks is *not* a responsibility of the Incident Commander?**
  - a. Determining the incident strategy
  - b. Providing overall management of the incident
  - c. Triageing the injured patients**
  - d. Establishing the Incident Command Post
  
22. **Which one of the following lists represents a correct sequence for the passage of air into the lungs?**
  - a. Mouth, pharynx, trachea, bronchi, alveoli**
  - b. Nose, bronchi, larynx, trachea, pharynx
  - c. Epiglottis, trachea, cricoid, bronchi, alveoli
  - d. Larynx, esophagus, trachea, bronchi, alveoli
  
23. **Which of the following choices is *not* an example of direct medical oversight?**
  - a. Video conferencing
  - b. Physical presence of a physician
  - c. Telephone communication
  - d. Written protocols**

24. **You correctly identify the primary benefit of triage when you say:**
- "Triage is used to prioritize patients for treatment and transportation based on their clinical signs and symptoms."
  - "Triage is a system that can be used to determine the number of patients who will most likely die."
  - "Triage is a system used to assign the order of care when an incident contains more than 10 patients."
  - "Triage is a process by which the number of patients is quickly estimated so the appropriate resources can be summoned."
25. **Which of the following tips is *not* a part of common radio etiquette?**
- Do not use the patient's name.
  - Speak directly into the microphone.
  - Hold the transmit key in for 1–2 seconds before speaking.
  - Include detailed information in a single transmission that takes no longer than 60 seconds.
26. **A woman who is six months pregnant and experiencing back pain should be placed on a backboard and then placed in a toboggan in which of the following positions?**
- With her head uphill
  - Positioned on her left side
  - In a supine position
  - With her head downhill
27. **While in the aid room treating a patient with a fractured wrist, the patient tells you that he was skiing on a slope that was too difficult for him, and that he started going too fast and got out of control. You recognize that this information must be documented on the accident report because it provides evidence of:**
- assumption of risk.
  - gross negligence.
  - willful negligence.
  - contributory negligence.
28. **Which one of the following stimuli is the primary stimulus to breathe in normal human beings?**
- The level of CO<sub>2</sub> in the body
  - The level of oxygen in the body
  - The amount of oxygen the body requires
  - The amount of nitrogen in the air
29. **Which of the following descriptions is the best example of expressed consent?**
- A 19-year-old male who appears to be intoxicated and lets you examine him
  - A 52-year-old skier who comes to the aid room and asks for help
  - A man who asks you to help his unresponsive 29-year-old diabetic wife
  - A 37-year-old man who is found unresponsive
30. **Which of the following is most effective for reducing the incidence of injury or illness in skiing or other outdoor activities?**
- Clinical care
  - Emergency personnel
  - Prevention
  - Public access

31. **When you are placed in charge of the treatment unit at the scene of a multiple-casualty incident, which of the following four patients will you treat first?**
  - a. A 21-year-old male who goes into cardiac arrest
  - b. A confused 69-year-old male with a respiratory rate of 40 and a rapid and weak radial pulse
  - c. A 13-year-old boy who walked to the treatment area complaining of a severe headache
  - d. An elderly female patient with a femur fracture and a yellow tag on her wrist
  
32. **A communicable disease is:**
  - a. a disease that can be spread from one person to another.
  - b. a disease that is caused and spread by coughing only.
  - c. a disease for which no immunization or treatment exists.
  - d. any of a number of diseases that is deadly once contracted.
  
33. **Guidelines developed at the local level by emergency personnel familiar with an area's medical needs, available resources, system capabilities, and local standard of care are:**
  - a. protocols.
  - b. policies.
  - c. advanced procedures.
  - d. medical attributes.
  
34. **At a multiple-casualty incident, you are brought a patient with a red tag tied to his wrist. You should recognize which one of the following?**
  - a. immediate care and transport of the patient are necessary.
  - b. the patient is deceased.
  - c. delayed care and transport of the patient are permissible.
  - d. the patient has a minor wrist injury.
  
35. **The leaf-shaped flap that helps prevent food from entering the lower respiratory system is called:**
  - a. the trachea.
  - b. the pharynx.
  - c. a bronchiole.
  - d. the epiglottis.
  
36. **Which of the following structures brings oxygen-depleted blood to the right atrium?**
  - a. The pulmonary artery
  - b. The right ventricle
  - c. The aorta
  - d. The vena cavae
  
37. **Extremity lifts may not be tolerated by:**
  - a. patients with ankle injuries.
  - b. obese and young patients.
  - c. elderly patients and patients with respiratory disorders.
  - d. patients with visual impairments.
  
38. **During a stress response, the release of epinephrine results in:**
  - a. an increase in heart rate.
  - b. a decrease in the force of the heart's contraction.
  - c. a reduction in respiratory depth and rate.
  - d. smooth muscle contraction.

39. **A common MOI (mechanism of injury) that NUEC/NUOFA 3 Providers will encounter is:**
- a cardiac problem.
  - blunt force.**
  - a respiratory problem.
  - altered mental status.
40. **What do you say using the NATO Phonetic Alphabet to ensure that the letters SMD are understood?**
- "Saltine Mary Diamond"
  - "Sierra Mike Delta"**
  - "Saltine Mike Delta"
  - "Sierra Mary Diamond"
41. **The "fight or flight" response diverts blood flow away from the internal organs, which results in:**
- leg cramps.
  - excessive saliva production.
  - constipation.
  - increasing blood flow to the extremities**
42. **A formal, organized method for managing an incident, regardless of its cause, size, scope, or complexity, is called:**
- a federal incident management system.
  - an incident command system.**
  - an emergency strike team.
  - a multi-agency coordination system.
43. **Which one of the following anatomical statements is true?**
- The hip is distal to the knee.
  - The knee is proximal to the ankle.**
  - The shoulder is distal to the hand.
  - The hand is proximal to the elbow.
44. **A network of specially trained personnel, equipment, facilities, and other resources that respond to medical emergencies—regardless of cause, location, or the patient's ability to pay—*best* describes:**
- a health care system.
  - a community wellness program.
  - a public health system.
  - an emergency care system.**
45. **The seamless delivery of high-quality emergency medical care as a patient transitions from initial contact with an EMT through definitive treatment *best* describes:**
- integration of health services.
  - online medical control.
  - medical direction.
  - continuity of care.**
46. **Which of the following statements concerning "standard of training" is true?**
- "Standard of training" includes the mountain area's protocols.
  - "Standard of training" is the same thing as "standard of care."
  - "Standard of training" includes your state's laws and procedures.
  - Acting within the "standard of training" is fundamental to reducing an NUEC/NUOFA 3 Provider's legal risk.**

47. **The primary fuel source for muscles is(are):**
- proteins.
  - carbohydrates.
  - sodium.
  - oxygen.
48. **When the body's core temperature drops, the body:**
- increases breathing to raise the oxygen level.
  - sends a signal to the heart to speed up.
  - constricts blood vessels to increase blood pressure.
  - starts shivering.
49. **The direction of heat transfer:**
- is sometimes random.
  - is always from a warmer object to a colder object.
  - cannot be from an object to a human.
  - is always from a colder object to a warmer object.
50. **In most EMS systems, a multiple-casualty incident involves:**
- 50 or more patients.
  - 10 or more patients.
  - 20 or more patients.
  - 2 or more patients.

1. **You have been ventilating the patient with an oropharyngeal airway and bag-valve mask. Suddenly the patient regains consciousness and starts to gag. Your immediate action should be to:**
  - a. **remove the airway.**
  - b. suction the airway.
  - c. leave the airway in but stop ventilations.
  - d. reassure and calm the patient.
  
2. **After your initial evaluation of the patient you would communicate by radio with patrol base. Following the acronym SAILER, what information would you include?**
  - a. Surname, age, address, chief complaint
  - b. Surname, location of accident, age, insurance company
  - c. **Sex, age, chief complaint, splints needed**
  - d. Age, next of kin, treatment initiated, request for EMS (if needed)
  
3. **A nauseated patient's report of abdominal pain should be documented:**
  - a. as an objective finding.
  - b. as a treatment finding.
  - c. **as a subjective finding.**
  - d. This information need not be documented.
  
4. **While a 61-year-old female in cardiac arrest receives emergency care you note that her abdomen grows larger with each ventilation provided from a bag-valve mask. What instructions should you provide?**
  - a. **"Let's slow the ventilation rate to 12 per minute and not squeeze in as much air with each breath."**
  - b. "Try delivering each ventilation quickly, and let's slow down the rate."
  - c. "The ventilation rate and the force of ventilation need to be increased so that air reaches the lungs."
  - d. "I need another rescuer to apply firm pressure over the stomach while we ventilate this patient."
  
5. **Which of the following findings is a symptom?**
  - a. **Ringing in the ears**
  - b. Hives resulting from an allergic reaction
  - c. Difficulty breathing
  - d. A deep laceration
  
6. **You are performing a secondary assessment on the unrestrained adult passenger of a motor vehicle that rolled several times at a high rate of speed. The patient is responsive to painful stimuli and in a state of hypoperfusion. When assessing the head, which one of the following is appropriate?**
  - a. Performing a blind finger sweep to clear the airway
  - b. Cleaning a scalp laceration
  - c. **Checking the pupils with a pen light**
  - d. Applying pressure to a depressed area of the skull
  
7. **Which of the following ventilation methods is recommended because it provides the most effective ventilations?**
  - a. Use of a bag-valve mask (BVM) with reservoir attached, receiving air, by two NUEC/NUOFA 3 Providers
  - b. **Use of a BVM with reservoir attached, receiving O<sub>2</sub> at 15 LPM, by two rescuers**
  - c. Use of a BVM with reservoir attached, receiving O<sub>2</sub> at 15 LPM, by one NUEC/NUOFA 3 Provider
  - d. Use of a BVM with O<sub>2</sub> reservoir attached, by one rescuer



8. **You are the lead responder at a serious accident. After the accident you can provide patient care information to all of the following except:**
  - a. the EMT to whom you transfer patient care.
  - b. your medical director, who is providing you stress debriefing.
  - c. your patrol director, who is reviewing the PCR with you.
  - d. a reporter who is writing a news story.
  
9. **For which of the following patients must you provide care even if the patient refuses it?**
  - a. A 23-year-old female with an obvious injury who lives with her parents and her one-year-old daughter
  - b. A six year old with a bleeding head laceration, whose parent will not allow care
  - c. An alert and oriented 57 year old who is having chest pain and is diaphoretic
  - d. A 29-year-old female who fell and cannot tell you what day it is
  
10. **The three forms of communication are:**
  - a. speaking, hand gestures, and facial expressions.
  - b. oral, nonverbal, and written.
  - c. written, listening, and hand gestures.
  - d. written, verbal, and listening.
  
11. **A patient states that he has had a headache located in his forehead for three days. Utilizing the SOAP format you would document this piece of information as a(n):**
  - a. provoking factor.
  - b. pertinent negative.
  - c. objective finding.
  - d. subjective finding.
  
12. **In the acronym SAILER, the letter S stands for:**
  - a. sex.
  - b. splint.
  - c. subjective.
  - d. symptoms.
  
13. **Communication is defined as the process by which:**
  - a. a message is transmitted from a sender to a receiver.
  - b. a message is encoded from the sender to the receiver.
  - c. verbal and nonverbal actions deliver information to another person.
  - d. information is documented on a patient accident report.
  
14. **A Glasgow Coma Scale score less than \_\_\_\_ is associated with a high risk for major neurological injury.**
  - a. 8
  - b. 10
  - c. 13
  - d. 12
  
15. **You are assessing a patient who overdosed on a medication and is unresponsive. Given this situation, what is the great concern regarding potential airway occlusion?**
  - a. Swelling of the larynx
  - b. Relaxation of the tongue
  - c. Collapse of the bronchi
  - d. Spasm of the epiglottis

16. **Which of the following lists best describes the path that oxygen must travel to get from the air to body cells?**
  - a. Oropharynx, larynx, trachea, bronchioles
  - b. Pharynx, larynx, trachea, alveoli, bronchioles
  - c. Nose, pharynx, esophagus, bronchi, alveoli
  - d. Nasolarynx, oropharynx, trachea, alveoli
  
17. **If a patient gags while you are inserting an oropharyngeal airway, you should:**
  - a. remove the airway and maintain the head tilt-chin lift maneuver.
  - b. remove the airway, lubricate it, and reattempt to insert it.
  - c. use a tongue depressor to better place the airway.
  - d. remove the airway and reattempt to insert it using a smaller airway.
  
18. **A 36-year-old patient who has overdosed on an unknown drug, is breathing and will not open his eyes, even when his name is loudly called. Which one of the following should the NUEC/NUOFA 3 Provider do first?**
  - a. Assess the patient for a radial pulse.
  - b. Identify what drug the patient took.
  - c. Perform a shoulder pinch.
  - d. Check the patient's vital signs.
  
19. **Which of the following statements indicates that the speaker knows how to properly size an oral airway before its placement?**
  - a. "An appropriately sized oral airway can be selected by looking in the patient's mouth and estimating the length of the tongue."
  - b. "To select an appropriately sized oral airway, you must first estimate the patient's height and weight."
  - c. "It is better to have an oral airway that is too large than one that is too small."
  - d. "The length of the airway should approximate the distance from the corner of the mouth to the angle of the jaw."
  
20. **By placing an oropharyngeal airway in a patient, you have:**
  - a. protected the airway from vomit or other secretions.
  - b. kept the tongue away from the airway.
  - c. minimized the risk of vomiting by closing off the esophagus.
  - d. obtained a patent airway by keeping the mouth from closing.
  
21. **Which of the following findings is an objective finding made during a patient assessment?**
  - a. Blood pressure of 114/68 mmHg
  - b. Patient's complaint of nausea
  - c. Patient's rating of pain as 10 out of 10
  - d. Patient's complaint of headache for the past 12 hours
  
22. **You are assessing an eight-month-old whose mother states has been vomiting for two days and not eating or drinking. When assessing the pulse, which site should you check?**
  - a. The femoral artery
  - b. The brachial artery
  - c. The radial artery
  - d. The temporal artery

23. **Which of the following lists presents the order in which an NUEC/NUOFA 3 Provider should assess a patient in a field setting?**
  - a. Scene size-up, history, secondary assessment, primary assessment
  - b. Scene size-up, secondary assessment, primary assessment
  - c. Primary assessment, reassessment, secondary assessment
  - d. Scene size-up, primary assessment, secondary assessment
  
24. **You have opened and cleared your patient's airway. While waiting for other equipment or personnel, the easiest way to maintain this state and ensure adequate breathing is to:**
  - a. place a suction catheter in the corner of the patient's mouth to continually remove secretions.
  - b. maintain the head tilt-chin lift position.
  - c. place the patient in the left lateral recumbent (recovery) position if the patient is unresponsive and spinal injury is not suspected.
  - d. use the crossed finger technique.
  
25. **Which of the following statements indicates that the speaker has a correct understanding of the use of oxygen in a prehospital setting?**
  - a. "Oxygen should be administered to anyone who is short of breath."
  - b. "An NUEC/NUOFA 3 Provider does not need a physician's order to administer oxygen."
  - c. "Oxygen should not be given to patients with chronic lung diseases."
  - d. "If the patient is claustrophobic, oxygen should be administered at 15 LPM through a nasal cannula."
  
26. **Which one of the following statements best describes the purpose of obtaining a single Glasgow Coma Scale score (GCS) in a patient with a head injury?**
  - a. The score is important in guiding an NUEC/NUOFA 3 Provider's treatment of the patient.
  - b. The score helps determine whether a patient's mental status is improving or deteriorating.
  - c. The score gives information about the type of injury to the brain.
  - d. The score provides an objective measure of the patient's overall neurologic condition.
  
27. **While you are performing a secondary assessment, your trauma patient complains of the sudden onset of difficulty breathing. Which of the following is your most appropriate response?**
  - a. Reevaluate the mechanism of injury.
  - b. Reassess the patient, beginning with the head.
  - c. Stop the assessment and provide appropriate care.
  - d. Make a mental note and continue with the assessment.
  
28. **You are observing a rescuer insert an oropharyngeal airway into the airway of a 36-year-old male who has overdosed. Which one of the following observations indicates correct technique?**
  - a. The rescuer uses a tongue depressor to press the back of the patient's tongue downward and then inserts the oral airway upside down.
  - b. The rescuer inserts the oral airway in its normal anatomic position until the flange of the airway is 1 cm above the patient's lips.
  - c. The rescuer inserts the oral airway sideways into the mouth and then rotates it 180 degrees once it has reached the base of the tongue.
  - d. The rescuer inserts the oral airway into the patient's mouth upside down and then turns it 180 degrees once it is halfway in the mouth.
  
29. **A complete set of vitals is taken at the:**
  - a. end of the secondary assessment.
  - b. beginning and end of the secondary assessment.
  - c. end of the primary assessment.
  - d. beginning of the secondary assessment.

30. In the CHEATED acronym, the letter T stands for:
- treatment.
  - testament.
  - time.
  - technique.
31. In the acronym FACTUAL-OEC, the letters OEC stand for:
- organized, effective, and complete.
  - objective, effective, and care given.
  - organized, error free, and checked.
  - outdoor emergency care.
32. A 44-year-old male was on a ladder cutting limbs from a tree when he fell. He is found to be unresponsive with normal respirations. His breathing is adequate at a rate of 12 per minute and his carotid pulse is strong at 88 per minute. Following the primary assessment and initial management, which one of the following actions will the NUEC/NUOFA 3 Provider complete while performing the secondary assessment?
- Perform a jaw-thrust maneuver to open the airway.
  - Get a medical history from a family member.
  - Start positive pressure ventilation with a bag-valve mask.
  - Place an oral airway and put a cervical collar on the patient.
33. You appropriately size a nasopharyngeal airway by measuring the:
- diameter of the patient's larger nostril.
  - diameter of the patient's little finger.
  - distance from the patient's nose to the earlobe.
  - distance from the patient's mouth to the angle of the jaw.
34. Which of the following pairs are the best examples of the two main types of communication at which NUEC/NUOFA 3 Providers must be proficient?
- Written communication and nonverbal communication
  - Oral communication and written documentation
  - Face-to-face communication and radio communication
  - Radio communication and telephone communication
35. You are caring for an unconscious patient who has vomited and appears to have a blocked airway. Using the crossed finger technique you open the patient's mouth and can see a large piece of undigested food near the back of the throat. You would:
- insert an airway.
  - perform a finger sweep.
  - administer abdominal thrusts.
  - encourage the patient to cough.
36. While taking vital signs, you cannot locate a radial pulse in a possible broken arm of a 42-year-old male who is alert and breathing adequately. Which one of the following should you do?
- Attach the automated external defibrillator (AED).
  - Start positive pressure ventilation.
  - Start cardiopulmonary resuscitation.
  - Assess the carotid artery for a pulse.

37. When writing a prehospital care report, you accidentally document a laceration as being on the left side of a patient's face when it was actually on the right side of the face. In addition to putting your initials and current date/time next to your correction, you would change your documentation in which of the following ways?
- Use correction fluid to cover the word "left" and write the word "right" next to it.
  - Draw a single line through the word "left" and write the word "right" next to it.
  - Color over the word "left" with black ink and write the word "right" next to it.
  - Write the word "error" through the word "left" and then write the word "right" next to it.
38. When patients refuse care, the most important thing to document is:
- whether they were accompanied by anyone when you left them.
  - the names of witnesses to what you said to them.
  - their condition when you last saw them.
  - that the patients understood and accepted the risks of refusal.
39. A secondary assessment consists of which of the following three steps?
- Medical history, physical exam, and vital signs
  - On-going exam, detailed physical exam, and vital signs
  - Medical history, trauma exam, and vital signs
  - ABCDs, on-going exam, and vital signs
40. The goal of effective communication is to:
- use medical terminology as much as possible.
  - speak clearly and more slowly than normal so that you are easier to understand.
  - deliver information in a manner that is understood by the recipient.
  - give as much information as possible in less than three minutes.
41. To clear an airway of fluid and debris, suctioning should be applied:
- for no more than 5 seconds at a time.
  - for no more than 15 seconds at a time.
  - for no more than 30 seconds at a time.
  - as deeply as needed to remove as much fluid as possible.
42. You have arrived in the lodge with your airway and trauma pack to care for a patient who reportedly had a seizure. Assessment reveals him to be apneic with vomitus in the airway. He has a radial pulse, and his skin is cool and diaphoretic. Which one of the following should you do immediately?
- Check the patient's breath sounds.
  - Start artificial ventilations.
  - Apply a nonrebreather mask.
  - If available in your trauma pack, use a suction device to clear the airway; otherwise, turn him on his side and clean out the vomitus.
43. Which of the following occurs during the proper use of a nonrebreather mask?
- The mask is comfortable and well tolerated by all patients when properly applied.
  - The mask can deliver between 80 percent and 90 percent oxygen.
  - Oxygen is delivered into the lungs when the patient not inhaling.
  - The air inhaled by the patient will be recycled with oxygen.
44. Why is the jaw-thrust maneuver indicated for a patient with a possible spinal injury?
- It is a permanent intervention that does not require insertion of an airway if performed correctly.
  - It minimizes movement of the head and cervical spine.
  - It is less painful for the patient.
  - It is the rescuer's preference as to whether to use the jaw-thrust maneuver.

45. When asked, an alert and oriented 44-year-old man with a history of high blood pressure reports that he called for help because "my chest is hurting." He is diaphoretic and nauseated, has a pulse of 88 and a BP of 156/92, and says that his pain "feels just like my heart attack two years ago." Based on this information, how would you document his chief complaint on the patient care report?
- Chest pain with hypertension
  - Myocardial infarction
  - Possible heart attack
  - "My chest is hurting."
46. During assessment of a responsive medical patient, you gather a medical history using the memory aid SAMPLE. To obtain information related to M, which one of the following questions should you ask?
- "Do you have any past medical problems?"
  - "Are you allergic to any medications?"
  - "Are you currently taking any medications?"
  - "Can you point to where it hurts the most?"
47. The lower airway consists of which of the following structures?
- Trachea, bronchi, and alveoli
  - Epiglottis, trachea, and bronchi
  - Pharynx, bronchi, and alveoli
  - Larynx, bronchi, and alveoli
48. The finding that a patient's skin is warm, pink, and dry during a primary assessment suggests:
- normal circulation.
  - possible shock.
  - possible fever.
  - poor oxygenation.
49. A primary assessment should take about how long?
- 30–60 seconds
  - 2 minutes
  - 3 minutes
  - 4 minutes
50. You arrive at the scene of a fall, where a 42-year-old woman fell backward off a stepladder while cleaning windows. She is lying on the ground complaining of pain to her ankle. She tells you, "If I had just been more careful and moved the ladder instead of reaching, this never would have happened!" Based on this information, which of the following can you conclude?
- Her pulse rate is within normal limits.
  - She does not require rapid transport.
  - She has an open airway, is breathing, and has circulating blood to her brain.
  - She does not have any other injuries.

1. **A patient in early shock informs you that he has had severe diarrhea and vomiting over the past four days. Given this history, you would recognize the pathophysiology of the shock is probably related to:**
  - a. the loss of red blood cells.
  - b. decreased formed elements in the blood.
  - c. leakage of the capillaries.
  - d. the loss of plasma volume.
  
2. **A patient with severe gastrointestinal bleeding is in shock. This type of shock is known as:**
  - a. hypervolemic.
  - b. cardiogenic.
  - c. hemorrhagic.
  - d. distributive.
  
3. **Which of the following conditions is the most probable cause of cardiogenic shock?**
  - a. Myocardial infarction
  - b. Severe vomiting and diarrhea
  - c. Gastrointestinal bleeding
  - d. Systemic infection
  
4. **The four major categories of shock are:**
  - a. hemorrhagic, distributive, hypoxic, and obstructive.
  - b. burn, hypovolemic, distributive, and hypoxic.
  - c. hypoglycemic, obstructive, distributive, and hypovolemic.
  - d. hypovolemic, cardiogenic, obstructive, and distributive.
  
5. **The underlying cause of distributive shock is:**
  - a. poor fluid intake.
  - b. loss of blood volume.
  - c. a damaged heart that has poor contractility.
  - d. dilation of blood vessels.
  
6. **Which of the following conditions could be responsible for causing obstructive shock?**
  - a. Infection throughout the body
  - b. Loss of blood in the urine
  - c. Blood clots in the lungs
  - d. Poor transfer of oxygen at the capillary level
  
7. **You are treating a patient with severe chest pain and believe she is in cardiogenic shock. One of your first treatments would be:**
  - a. high-flow oxygen.
  - b. application of an AED.
  - c. having the patient take her nitroglycerin.
  - d. rapid transport in a supine position.
  
8. **Which of the following situations is occurring in the body of a person in shock?**
  - a. The cells are getting glucose and other nutrients but not oxygen.
  - b. The amount of oxygen reaching the cells is adequate, but carbon dioxide is not being removed.
  - c. The blood contains an adequate amount of oxygen but not enough nutrients for cells to survive.
  - d. The cells are not getting enough oxygen, and waste products are accumulating.

9. **When performing a primary assessment, the first evidence that the body may be in shock is:**
- skin that is warm and diaphoretic.
  - a radial pulse of over 100 beats per minute.
  - hypertension.
  - a slowed respiratory rate.
10. **A patient who sustained blunt trauma to the abdominal and pelvic areas in a very serious collision is probably in which type of shock?**
- Obstructive
  - Cardiogenic
  - Distributive
  - Hypovolemic
11. **Septic shock is caused by:**
- a failing heart.
  - blood loss.
  - an infection.
  - a collapsed lung.
12. **Shock is defined as:**
- inadequate blood pressure and pulse.
  - decreased amount of circulating blood for any reason.
  - multiple organ failure.
  - a state of inadequate tissue perfusion.
13. **In decompensated shock, the failure of body systems in spite of the body's attempt to oxygenate vital organs becomes apparent as:**
- increased blood pressure and reduced pulse rate.
  - delayed capillary refill and increased respiratory rate.
  - increased pulse rate and decreased blood pressure.
  - increased respiratory rate and reduced level of consciousness.
14. **When assessing a patient with a possible stroke, the priority of care is:**
- identifying risk factors for stroke.
  - determining if there is a family history of stroke.
  - recognizing the signs of a stroke.
  - determining the type of stroke.
15. **When assessing a patient for a facial droop, you should:**
- palpate the face one side at a time.
  - gently lift and then let go of the skin over the cheeks.
  - ask the patient to show you his teeth or to smile.
  - observe the patient's ability to turn his head to the right and then to the left.
16. **Which of the following questions is critical for establishing a window of treatment for a patient who is weak and dizzy and may have suffered a stroke?**
- "Does your father have a history of heart problems or stroke?"
  - "What time did the weakness and dizziness start?"
  - "What medications do you take?"
  - "Do you have any pain in your arms or legs?"



17. **Your assessment reveals a drooling 48-year-old male to have gurgling speech and left arm paralysis. Which of the following would be your priority?**
  - a. Suction the patient's airway.
  - b. Protect the patient's left arm.
  - c. Determine the patient's risk factors for stroke.
  - d. Monitor the patient's blood pressure.
  
18. **Which of the following statements indicates that the speaker understands hemorrhagic strokes?**
  - a. "They occur when clots form in blood vessels in the brain."
  - b. "They occur when a blood vessel in the brain ruptures."
  - c. "Their signs and symptoms generally resolve within 24 hours."
  - d. "They can sometimes be treated by clot-destroying medications."
  
19. **As a general rule, a seizing patient should be transported in what position?**
  - a. Supine
  - b. Semi-Fowler's
  - c. Lateral recumbent
  - d. Trendelenburg (shock position)
  
20. **When performing a secondary assessment on a confused patient, which of the following signs is most suggestive of a seizure?**
  - a. Bruises on the arms
  - b. A bitten tongue
  - c. Pinpoint pupils
  - d. A slow heart rate
  
21. **Which of the following statements concerning the causation of seizures is correct?**
  - a. A seizure occurs when the heart beats irregularly, causing a decreased amount of oxygen-rich blood to reach the brain.
  - b. All seizures are caused by epilepsy, a term that describes a problem somewhere in the body.
  - c. A seizure condition is a muscle problem that causes the arms and legs to jerk.
  - d. A seizure occurs when there is an electrical disturbance in the brain.
  
22. **The part of the brain that controls basic functions necessary for life is the:**
  - a. brain stem.
  - b. cerebellum.
  - c. cerebrum.
  - d. thalamus.
  
23. **Insulin:**
  - a. enables transfer of glucose from blood into cells
  - b. increases the level of glucose circulating in the blood.
  - c. makes glucosamine work better as an energy source.
  - d. increases the transfer of sugar from the stomach and small intestine to the bloodstream.
  
24. **Which of the following actions may result in hypoglycemia in a diabetes patient?**
  - a. Failure to take insulin or an oral diabetes medication
  - b. Lack of exercise
  - c. Missing a meal
  - d. Overeating

25. **Glucose:**
- assists the pancreas in the manufacture of insulin.
  - is an energy source for brain cells and other cells in the body.
  - is an essential building block for body tissues such as muscle and bone.
  - allows the body to use insulin.
26. **Which of the following statements regarding poisonings is true?**
- A poison is any substance that causes harmful effects when introduced into the body.
  - All toxins are poisonous when in contact with the human body.
  - The majority of poisonings are intentional and result in homicide or suicide.
  - The number-one cause of poisoning in the United States is prescription medications.
27. **The process by which the body breaks down a substance is known as:**
- elimination.
  - detoxification.
  - metabolism.
  - distribution.
28. **The speed at which a toxin is distributed in the body is affected by:**
- the heart rate.
  - body mass.
  - the respiratory rate.
  - urination.
29. **You are driving on the highway and see an overturned tanker. A fluid is spilling from the tanker rapidly covering the ground around the driver's door. The driver appears to be unresponsive. The only marking on the tanker seems to be the name of the tanker company and hazard symbol. Your initial action should be:**
- try not to step in the liquid while pulling the driver away from the truck.
  - have someone call 911 and assess the driver's ABCDs.
  - remain at a safe distance while calling 911 for assistance.
  - cover your mouth and nose so that you don't breathe any fumes while you rescue the driver.
30. **You are helping a friend change the battery in his truck when acid from the old battery splashes in his eye. He is complaining of pain in his right eye and is having a hard time keeping it open. He has no problems with airway, breathing, or circulation. What should you do?**
- Cover both his eyes and immediately drive him to the nearest Emergency Department.
  - Place an ice pack on his eye and immediately transport him to the nearest Emergency Department.
  - Pat the eye with a dry towel to absorb the acid.
  - Immediately irrigate the eye with copious amounts of water.
31. **Agitation, elevated heart rate, and elevated blood pressure are signs of intoxication with which of the following types of substances?**
- Cocaine and hallucinogens
  - Antipsychotics and carbon monoxide
  - Inhalants and sleeping pills
  - Alcohol and ethylene glycol
32. **Substance abuse is defined as:**
- an intentional or unintentional use of a substance or poison that results in a medical emergency.
  - an accidental ingestion of a toxin that interferes with normal functioning.
  - the use of a substance or poison at least once a day.
  - the intentional misuse of a substance that results in significant impairment or distress.

33. Which of the following parts of the body is *least* often affected by substances?
- The eyes
  - The heart muscle
  - The lymphatic vessels
  - The blood
34. A poisonous substance that comes from a living organism is known as a(n):
- antipsychotic.
  - toxin.
  - chemical.
  - legume.
35. The most commonly abused drug in the world is:
- marijuana.
  - cocaine.
  - amphetamine.
  - alcohol.
36. Which of the following lists best represents the correct sequence for the passage of air into the lungs once it passes the pharynx?
- Bronchi, larynx, trachea, cricoid
  - Epiglottis, esophagus, trachea, alveoli
  - Trachea, cricoid, bronchi, alveoli
  - Larynx, trachea, bronchi, alveoli
37. When the diaphragm and intercostal muscles relax, which of the following events occurs?
- Inhalation
  - Release
  - Inspiration
  - Exhalation
38. The most important muscle of respiration is the:
- pectoralis major.
  - intercostal muscle.
  - diaphragm.
  - sternocleidomastoid.
39. Which of the following actions causes an individual to inhale?
- The intercostal muscles relax.
  - The chest cavity decreases in size.
  - The diaphragm contracts and flattens.
  - Pressure within the chest increases.
40. A tachypneic patient is breathing:
- more slowly than normal.
  - normally.
  - more rapidly than normal.
  - irregularly.

41. **During a scene size-up, which of the following observations most strongly suggests that your adult patient is suffering from an acute respiratory emergency?**
- The patient is holding a metered-dose inhaler.
  - The patient is in the tripod position.**
  - The patient's respiratory rate is 20.
  - The patient's hands are trembling.
42. **In an adult, the most common cause of airway obstruction is:**
- the tongue.**
  - a food bolus.
  - mucous secretions.
  - an inflamed pharynx.
43. **A patient whose alveoli are filled with fluid and pus secondary to pneumonia is at risk of:**
- decreased movement of air into the lungs.
  - decreased movement of the diaphragm.
  - decreased absorption of oxygen into the body.**
  - collapse of the trachea and bronchi.
44. **Involuntary breathing in patients without significant respiratory disease is controlled by:**
- the amount of carbon dioxide dissolved in the blood.**
  - a conscious effort of inspiration.
  - the amount of oxygen dissolved in the blood.
  - tissue hypoxia.
45. **You are documenting your assessment of the patient who just left in an ambulance. The patient told you that he felt short of breath. You would document this as:**
- respiratory failure.
  - hypoxia.
  - dyspnea.**
  - anoxia.
46. **Which of the following conditions is responsible for a finding of wheezing accompanying shortness of breath?**
- Significant hypoxia
  - Bronchiole constriction**
  - Swelling in the throat
  - Mucus in the lungs
47. **Which of the following is within the normal range for respiratory rate in children?**
- 10 breaths per minute
  - 20 breaths per minute**
  - 35 breaths per minute
  - 40 breaths per minute
48. **Which of the following signs would you recognize as an early sign of respiratory distress in a 7-year-old boy who complains of difficulty breathing?**
- Barrel chest
  - Nasal flaring**
  - Tremors of his hands
  - Ecchymosis on his chest

49. **Hyperventilation syndrome is a common psychological condition that:**
- is always benign and resolves with no treatment.
  - is characterized by shallow, irregular, rapid breaths.
  - is often precipitated by exercise.
  - results in abnormally low blood carbon dioxide levels.
50. **Which of the following respiratory rates may signify significant respiratory issues in an adult?**
- Fewer than 8 respirations per minute
  - More than respirations 24 per minute
  - Fewer than 12 respirations per minute
  - More than 20 respirations per minute

1. **Which of the following statements best suggests that the speaker may be having a mild allergic reaction?**
  - a. "I have had a fever and chills for the past two days."
  - b. "My heart feels as though it is skipping some beats."
  - c. "I feel dizzy and weak."
  - d. "I have a rash on my face and neck."
  
2. **A patient who is responsive only to painful stimuli is covered with hives. He has labored respirations and a weak and tachycardic pulse. His vital signs are pulse 128, respirations 24, and blood pressure 80/50 mmHg. Given this presentation, you would suspect:**
  - a. hypotension.
  - b. an anaphylactic reaction.
  - c. a stroke.
  - d. a head injury.
  
3. **A patient who is severely short of breath and covered with hives states that she is very allergic to crab. She admits to trying some seafood dip about 10 minutes ago. Which of the following questions should you ask her first?**
  - a. "How many allergic reactions have you had?"
  - b. "Why did you eat the dip if you are allergic to crab?"
  - c. "What medications are you currently taking?"
  - d. "Do you have an epinephrine auto-injector?"
  
4. **The most severe form of an allergic reaction is called:**
  - a. vascular shock.
  - b. anaphylaxis.
  - c. an antigen response.
  - d. rhinorrhea.
  
5. **When the respiratory effects of an allergic reaction are obvious within a few seconds to minutes:**
  - a. the reaction tends to be more severe.
  - b. the reaction tends to be localized.
  - c. a large amount of allergen is likely involved.
  - d. epinephrine will not be effective.
  
6. **A patient who is allergic to peanuts was just exposed to peanut butter. Assessment reveals her to be alert and oriented, with swollen lips and hives on her face. She states that she is lightly short of breath; her respiratory rate is 20 per minute. She has a heart rate of 82 and a blood pressure of 118/72 mmHg. She states that she is nauseated and has a headache. Which of the following actions is your immediate treatment for this patient?**
  - a. Insert an oropharyngeal airway.
  - b. Provide oxygen via nonrebreather mask.
  - c. Start positive pressure ventilation with BVM.
  - d. Place the patient in a supine position.
  
7. **Which of the following statements explains why patients experiencing a moderate or severe allergic reaction have difficulty breathing?**
  - a. Oxygen molecules are being used up by allergens.
  - b. The brain's respiratory center is being depressed.
  - c. The bronchioles constrict and are clogged by thick secretions.
  - d. The workload on the heart has increased.

8. **A patient experiencing an allergic reaction tells you that it is easier to breathe following administration of epinephrine. Which of the following effects is an effect of epinephrine that would be responsible for this improvement?**
  - a. Dilation of the upper airway
  - b. Dilation of the bronchioles**
  - c. Increased blood flow to the lungs
  - d. Decreased blood pressure
  
9. **The overreaction of the immune system to a substance that is otherwise harmless is known as:**
  - a. hypersensitivity.**
  - b. hives.
  - c. anaphylaxis.
  - d. immunity.
  
10. **Which of the following statements concerning allergies is true?**
  - a. Allergies affect young healthy individuals only.
  - b. An allergic reaction to a substance can occur minutes, or hours, after exposure to the substance.**
  - c. Once hypersensitized to a substance, a given individual will experience allergic reactions to that substance randomly, not consistently.
  - d. Anaphylaxis is the mildest type of allergic reaction.
  
11. **A patient with chest pain informs you that he has a bad heart. You think he may have congestive heart failure. When performing your secondary assessment, which of the following signs or symptoms does *not* indicate that the patient is in congestive heart failure?**
  - a. Swollen ankles
  - b. Bradycardia**
  - c. Bubbling breathing noises
  - d. Shortness of breath
  
12. **When obtaining a medical history, which of the following statement made by a patient is classic for a patient with stable angina?**
  - a. "I took three nitroglycerin over 15 minutes, but I still have pain."
  - b. "When I stopped exercising, the pain went away."**
  - c. "The pain started when I was sitting down and reading the newspaper."
  - d. "The pain lasted about 45 minutes before it gradually went away."
  
13. **An NUEC/NUOFA 3 Provider indicates that she understands the difference between stable angina and an acute myocardial infarction (MI) when she states:**
  - a. "Stable angina occurs when the heart rate becomes too high; an acute MI is the result of coronary artery disease."
  - b. "Stable angina is not accompanied by other symptoms such as shortness of breath; the chest pain of an acute MI is."
  - c. "The pain in an acute MI is typically described as "stabbing"; the pain with stable angina is more akin to pressure."
  - d. "An acute myocardial infarction results in the death of cardiac tissue; stable angina causes ischemia to the heart muscle."**
  
14. **You have just arrived with an AED at a scene where fellow NUEC/NUOFA 3 Providers are treating a patient in cardiac arrest. ALS has been contacted and is about 1 minute away. Which of the following actions would you take?**
  - a. Let the NUEC/NUOFA 3 Providers continue CPR and wait for ALS.
  - b. Apply and use the AED.**
  - c. Relieve the NUEC/NUOFA 3 Provider doing chest compressions.
  - d. Go outside to direct ALS when they arrive.

15. **Blood in the right ventricle is pumped into the:**
  - a. left ventricle.
  - b. pulmonary artery.**
  - c. left atrium.
  - d. aorta.
  
16. **The largest artery in the body is the:**
  - a. carotid artery.
  - b. femoral artery.
  - c. aorta.**
  - d. jugular artery.
  
17. **Which of the following structures help direct blood flow forward and prevent the backflow of blood within the heart?**
  - a. Septa
  - b. The coronary arteries
  - c. The atrioventricular valves**
  - d. The pulmonary vein and the pulmonary artery
  
18. **Hypotension, distended neck veins, and muffled or distant heart tones in which the heartbeat is difficult to auscultate are hallmark signs of:**
  - a. pericarditis.
  - b. congestive heart failure.
  - c. aortic aneurysm.
  - d. pericardial tamponade.**
  
19. **Which of the following is *not* a reason to stop CPR?**
  - a. The patient has the spontaneous return of a pulse and breathing.
  - b. You are ready to use an AED.
  - c. It has been 25 minutes, so brain damage has occurred.**
  - d. Rescuers are too tired to continue administering CPR.
  
20. **In performing CPR on an infant:**
  - a. place two fingers on the sternum just beneath an imaginary line between the nipples, and make compressions that are approximately one-third the depth of the chest.**
  - b. stop to check for a pulse after administering about 100 compressions.
  - c. place the heel of one hand on the sternum just above an imaginary line between the nipples, and make compressions that are about ½ inch deep.
  - d. check the carotid artery for a pulse before beginning compressions.
  
21. **A patient complains of severe and sharp pain in the right lower abdominal quadrant. Based on the location, what organ or structure is most likely involved?**
  - a. The liver
  - b. The kidney
  - c. The spleen
  - d. The appendix**
  
22. **Because the spleen is a solid organ, the primary threat to life when it is ruptured is:**
  - a. blood loss.**
  - b. pain.
  - c. infection.
  - d. inflammation.



23. **The pancreas is best described as a(n):**
  - a. absorptive organ.
  - b. hollow organ.
  - c. **solid organ.**
  - d. fluid-filled organ.
  
24. **A middle aged female patient informs you that she has a bad gallbladder and that it has been increasingly bothering her. Your assessment reveals tenderness and mild discomfort in the right upper quadrant of her abdomen. She also states that her right shoulder is aching. Given her history and complaint, you would recognize her shoulder pain as:**
  - a. **referred pain.**
  - b. false pain.
  - c. unrelated pain.
  - d. muscular pain.
  
25. **A 43-year-old woman who is crying states that she has sharp abdominal pain that is localized to her right lower quadrant. When assessing her abdomen, you would:**
  - a. **start by palpating the left upper quadrant.**
  - b. avoid palpating the entire abdomen.
  - c. start by palpating in the right lower quadrant.
  - d. avoid palpating the right lower quadrant.
  
26. **Which of the following assessment findings would increase your suspicion of gastrointestinal bleeding?**
  - a. Sudden onset of constipation
  - b. Watery and foul-smelling diarrhea
  - c. **Tarry, black stool**
  - d. Sharp pain in the left lower quadrant
  
27. **Which of the following statements regarding abdominal pain would lead you to suspect appendicitis?**
  - a. "The stabbing pain started in the right side of my belly and spread up to my stomach."
  - b. "I had back pain for about a week, and now the pain is all throughout my belly."
  - c. **"The pain started around my belly button and slowly spread down to the right side of my belly."**
  - d. "The pain comes and goes and is more noticeable on the left side of my stomach."
  
28. **Which of the following statements is false?**
  - a. Assessing abdominal complaints can be difficult because the nerve pathways for the gastrointestinal, urinary, and reproductive systems are in relative proximity to each other.
  - b. Problems affecting the organs in one system can seriously affect organs in another system.
  - c. **Assessment of abdominal complaints is straightforward because the organs are specifically located and easily palpated.**
  - d. One of the problems encountered when assessing abdominal complaints is a patient's reluctance to allow the exam due to embarrassment or pain.
  
29. **A conscious patient with a GI/GU complaint is most often comfortable in:**
  - a. **a supine position with the knees slightly flexed.**
  - b. the recovery position.
  - c. the Trendelenburg position.
  - d. a supine position with the feet elevated 12–18 inches.

30. **The most common GI problem that NUEC/NUOFA 3 Providers encounter is:**
- constipation.
  - indigestion.
  - colic.
  - gastroenteritis.**
31. **A 49-year-old man has been stabbed in the lower right chest. After assessing him, you suspect that the knife punctured the lung and is causing internal bleeding. In this situation, the mechanism of injury would be:**
- a penetrating injury.**
  - an assailant with a knife.
  - blunt trauma to the lungs.
  - internal hemorrhage.
32. **A patient involved in an altercation was struck in the ribs with a baseball bat. Your assessment reveals intact skin with significant bruising to the right lateral chest. When palpating this area you note instability and crepitus to the rib cage. An NUEC/NUOFA 3 Provider would recognize a:**
- thoracic injury secondary to penetrating trauma.
  - chest injury caused by blunt trauma.**
  - pulmonary injury caused by penetrating trauma.
  - chest wall injury caused by acceleration forces.
33. **A heavy-set snowboarder was critically injured when he crashed into a tree on a Friday night. It was reported that he was clearly out of control while traveling at a high rate of speed down the expert trail. Which of the following factors had the greatest impact on the extent of his injuries?**
- The skier's weight
  - The size of the tree he hit
  - The dimly lit trail
  - The speed the skier was going**
34. **The term *golden hour* refers to the:**
- time period when patient survival rates may be enhanced if critical injuries are identified and managed.**
  - amount of time you have to decide if a patient needs to be sent to a trauma hospital.
  - amount of time it takes to stop the bleeding from a penetrating injury.
  - hour before sunset, when most cases of on-hill trauma occur.
35. **Which of the following descriptions describes a patient suffering from multi-system trauma?**
- A 24-year-old male who was tackled in a football game and has pain and deformity in his right shoulder and left wrist
  - A 67-year-old male who fell down a flight of stairs, has an open fracture of the left lower leg, and is complaining of severe abdominal pain**
  - A 32-year-old female who was stabbed by her boyfriend
  - A 70-year-old female who slipped on some ice and has a hematoma at the back of her head
36. **Kinetic energy is absorbed based on the density of the structure/organ involved. Which of the following lists places the organs in the order of their "threshold for injury"?**
- Full urinary bladder, femur, lung
  - Femur, lung, kidneys
  - Kidneys, lungs, femur**
  - Femur, kidneys, muscle

37. **Which of the following terms is *not* a "mechanism of injury"?**
  - a. Blunt injury
  - b. Rotational injury
  - c. **Stabbing injury**
  - d. Crushing injury
  
38. **Dislocating a shoulder after catching a ski pole on a tree branch is an example of an injury caused by which MOI?**
  - a. **Rotational injury**
  - b. Blunt injury
  - c. Whiplash injury
  - d. Compressive injury
  
39. **A trauma assessment should be completed within 1–2 minutes and includes all of the following tasks *except*:**
  - a. taking a complete history.
  - b. evaluating a patient's level of consciousness.
  - c. assessing the ABCDs.
  - d. **performing a detailed physical exam.**
  
40. **High-velocity injuries and low-velocity injuries are two types of which mechanism of injury?**
  - a. Blunt trauma
  - b. **Penetrating injury**
  - c. Blast injury
  - d. Closed trauma
  
41. **A patient has a laceration on his arm from a table saw. Assessment reveals dark red blood flowing steadily from the wound. You would recognize this type of bleeding as:**
  - a. arterial bleeding.
  - b. capillary bleeding.
  - c. **venous bleeding.**
  - d. lymphatic bleeding.
  
42. **You are responding to a call to aid a patient who has cut himself with a knife. Reportedly arterial bleeding is involved. Given this information, which of the following findings do you expect?**
  - a. Flowing dark-red blood that is difficult to control
  - b. Oozing bright-red blood that is easy to control
  - c. Spurting dark-red blood that is difficult to control
  - d. **Bright-red blood that is spurting with each beat of the heart**
  
43. **Severe external bleeding should be controlled during what phase of a patient assessment?**
  - a. **The primary assessment**
  - b. The scene size-up
  - c. The rapid secondary survey
  - d. The reassessment
  
44. **The skin performs which of the following functions?**
  - a. **Regulation of temperature**
  - b. Prevention of blood loss
  - c. Elimination of carbon dioxide
  - d. Dissipation of internal cold

45. Which of the following lists correctly names the layers of the skin?
- Dermis, muscle, epidermis
  - Epidermis, subcutaneous, muscle
  - Dermis, subcutaneous, muscle
  - Subcutaneous, epidermis, dermis
46. A 49-year-old man was climbing on rocks when he fell backward to the ground. He presents with a two-inch linear wound on the top of his head. Bleeding has been controlled. You would document this type of injury as a(n):
- avulsion.
  - contusion.
  - abrasion.
  - laceration.
47. You have applied a pressure dressing to the calf of a woman who suffered a deep laceration from a piece of broken glass. Which of the following actions should you take next?
- Apply a splint.
  - Obtain a follow-up blood pressure reading.
  - Apply a tourniquet above the laceration.
  - Check CMS in the patient's foot.
48. Which of the following statements about impaled objects is true?
- Allow only the patient to pull the impaled object out because that will hurt less.
  - The impaled object should be left in place during transport.
  - A wound made by an impaled object always bleeds profusely.
  - An impaled object never causes serious underlying tissue damage.
49. For which of the following injuries may elevation be used to control bleeding?
- For a laceration to the flank
  - For no injuries; elevation is no longer used to control bleeding.
  - For an abrasion on the lower back
  - For a puncture wound to the abdomen
50. Which of the following statements about amputations is true?
- An amputation involves a completely severed body part.
  - A badly mangled or damaged amputated part should not be preserved or sent to the hospital because it cannot be reattached.
  - Surgeons can reattach an amputated part only if it has been without a blood supply for less than one hour.
  - All amputated body parts should be preserved and sent to the hospital with the patient.

1. **Your patient is a 40-year-old man who was burned when he spilled gasoline on his pants while he was standing near the pilot light of his hot-water heater. He has partial thickness burns from his feet to just above his knees, circumferentially around both legs. According to the Rules of Nines, the man burned \_\_\_\_ of his body surface.**
  - a. 9 percent
  - b. 4.5 percent
  - c. 36 percent
  - d. 18 percent
  
2. **Which of the following sentences best describes a partial-thickness burn?**
  - a. The skin is red and moist, and blisters have formed.
  - b. The skin is charred or blackened and lacks sensation.
  - c. The skin is red, but dry and painful.
  - d. The skin is white and dry with no sensation of pain.
  
3. **A burn extending into the subcutaneous layer would be classified as a:**
  - a. deep partial-thickness burn.
  - b. superficial burn.
  - c. superficial partial-thickness burn.
  - d. full-thickness burn.
  
4. **The largest organ of the human body is the:**
  - a. large intestine.
  - b. liver.
  - c. small intestine.
  - d. skin.
  
5. **The top two layers of the skin are the:**
  - a. epidermis and the dermis.
  - b. subcutaneous and the dermis.
  - c. epidermis and the cortex.
  - d. epidermis and the folic.
  
6. **Thermal burns:**
  - a. are the least common type of burns.
  - b. are the most common type of burns.
  - c. result from tanning beds.
  - d. result from exposure to Gamma radiation.
  
7. **Chemical burns result from exposure to:**
  - a. molten tar.
  - b. steam.
  - c. hot light bulbs.
  - d. caustic substances.
  
8. **Electrical injuries produce severe external and internal injuries because:**
  - a. the skin is a poor conductor with a high resistance, and blood vessels are good conductors with low resistance.
  - b. both the skin and blood vessels are good conductors with low resistance.
  - c. the skin is a good conductor with a high resistance, and blood vessels are good conductors with low resistance.
  - d. skin is a poor conductor with a low resistance, and blood vessels are good conductors with low resistance.

9. **Thermal burns result from:**
  - a. transmitted Gamma radiation.
  - b. direct contact between a heat source and the skin.
  - c. indirect contact between a heat source and the skin.
  - d. a chemical reaction stimulated by a heat source.
  
10. **Which of the following substances cause the most serious chemical burns?**
  - a. An acid with a pH of 1
  - b. A chemical with a pH of 7
  - c. An alkaline chemical or base with a pH of 8
  - d. An acid with a pH of 6
  
11. **Three types of natural radiation are:**
  - a. alpha, beta, and gamma.
  - b. alpha, delta, and gamma.
  - c. beta, delta, and gamma.
  - d. alpha, beta, and delta.
  
12. **Hoarseness or voice changes in a burn patient should alert an NUEC/NUOFA 3 Provider that the:**
  - a. patient may be extremely anxious about the injury.
  - b. heat source may have extended internally into the airway.
  - c. patient should be treated as a pediatric patient.
  - d. patient has altered mental status.
  
13. **According to the Rule of Nines, the percentages of total body surface area that are taken up by the heads (front and back) of adults and children are:**
  - a. 9 percent and 18 percent, respectively.
  - b. 4.5 percent and 9 percent, respectively.
  - c. 18 percent and 36 percent, respectively.
  - d. the same.
  
14. **In treating a burn patient, you should cool and irrigate the burned tissue with:**
  - a. room-temperature tap water for 15 minutes.
  - b. chilled tap water for 5 minutes.
  - c. tap water warmed to 102 degrees F for 15 minutes.
  - d. tap water warmed to 95 degrees F for 10 minutes.
  
15. **When treating a patient burned by a dry chemical, it is important to brush away any dry residue before flushing with water because:**
  - a. flushing will expose other areas around the burn.
  - b. some dry chemicals are activated by water.
  - c. a containment area needs to be set up to catch the runoff water.
  - d. flushing will cause the skin's pores to open.
  
16. **The type of muscle found in the forearm is:**
  - a. voluntary muscle.
  - b. involuntary muscle.
  - c. integumentary muscle.
  - d. contractor muscle.

17. **The closed fracture of which of the following bone(s) has the greatest potential for internal blood loss?**
- The tibia/fibula
  - The femur
  - The humerus
  - The pelvis**
18. **Which of the following statements about voluntary muscles is true?**
- They are mostly located on the torso of the body.
  - They make up less mass in the body than do involuntary muscles.
  - They have the ability to cause movement by extending.
  - They generally connect to the skeletal system.**
19. **Which of the following statements about musculoskeletal injuries is true?**
- A sprain is an injury to a joint that involves the stretching or tearing of ligaments.**
  - Strains are injuries that occur to ligaments and to the joints to which they are attached.
  - A fracture occurs when a tendon connecting a muscle to a bone is overstretched and becomes injured.
  - A dislocation occurs when a bone that forms part of a joint is broken.
20. **You are assessing a 47-year-old woman who fell about 20 feet from a chair lift. When you palpate her pelvis you note instability, and she complains of pain. Which of the following is your primary concern for a patient who has a potential pelvic fracture?**
- Risk of infection
  - Internal blood loss**
  - Severe pain
  - Permanent deformity
21. **Which of the following signs has the potential for the most immediate life-threatening consequences?**
- Deformity of the femur**
  - An open fracture of the forearm
  - Dislocation of two fingers
  - Crepitus in the mid-humerus
22. **You are treating a patient who is complaining of moderate pain in the right knee. The knee is swollen, ecchymotic, and flexed about 45 degrees. CMS is intact. How would you treat this patient?**
- Place the patient on a long spine board and transport to the aid room, where you can examine the injury more efficiently.
  - Straighten the injured knee and then immobilize it by attaching it to the other leg.
  - Splint the knee in the position found before moving the patient.**
  - Apply a traction splint and straighten the knee until the pain is decreased.
23. **Your secondary assessment of a patient who is complaining of pain in his right leg reveals an opening in the skin where the fractured tibia broke through the skin and retreated back into the leg. You would recognize this injury as a(n):**
- open fracture.**
  - closed fracture.
  - laceration.
  - partial fracture.

24. You respond to a 9-year-old boy who was injured in the terrain park. He is complaining of pain in his right wrist. Upon examination you note deformity and swelling of the right wrist, pinkness of the right hand, and a strong radial pulse. Which of the following actions would be part of the proper care for this boy?
- Straighten the wrist to promote blood flow to the hand.
  - Maintain the wrist below the level of the heart to decrease swelling.
  - Apply a cold pack to the wrist to reduce swelling.
  - Massage the wrist gently to decrease the pain.
25. A patient fell and sustained an open fracture of the left humerus. Assessment reveals that the bone has pulled back into the arm. Bleeding from the site is controlled. For which of the following reasons would splinting the left arm benefit this patient?
- A splint decreases the likelihood of further injury to nerves and blood vessels.
  - A splint starts the process of healing by aligning and connecting the bone ends.
  - A splint eliminates the possibility of infection through the open wound.
  - A splint converts the open fracture to a closed fracture.
26. The benefit of applying a traction splint to a deformed femur fracture is that it:
- corrects the fracture.
  - decreases pain.
  - increases perfusion to the muscle.
  - contracts the thigh muscle.
27. Displacement of the bones of a joint is known as:
- a dislocation.
  - a fracture.
  - circumduction.
  - dorsiflexion.
28. Joints provide different degrees of movement. There are five different types of joints. An example of a "pivot" joints is the:
- radio-ulnar joint of the elbow.
  - vertebrae of the spine.
  - acromio-clavicular joint of the shoulder.
  - knee.
29. A fracture of a bone will cause bleeding, and a hematoma forms around the fracture site. Over the next several weeks, this hematoma organizes into a substance called:
- a callus.
  - calcium.
  - cartilage.
  - a synovium.
30. Which of the following musculoskeletal tissues does *not* heal?
- A tendon
  - A ligament
  - A muscle
  - A cartilage
31. The structure responsible for transmitting the force of a contracting skeletal muscle to a bone is a:
- tendon.
  - ligament.
  - cartilage.
  - joint.



32. **You are caring for a patient who has an angulated lower leg fracture. To splint this injury you should:**
- use gentle longitudinal tension to align the fracture.
  - apply 5–10 lbs of traction by pulling on the patient's foot.
  - splint the leg in the position found.
  - apply an air splint, which when inflated will align the leg.
33. **When it becomes apparent that the arm distal to an elbow injury has a CMS deficit, NUEC/NUOFA 3 Providers should:**
- attempt to realign the injury when final definitive care by a physician is less than two hours away.
  - splint the arm with the elbow slightly flexed.
  - use only a sling so that no pressure that further compromises CMS is put on the elbow.
  - make one attempt to realign and restore CMS before splinting.
34. **Which of the following terms does *not* describe a type of joint?**
- Ball and socket
  - Hinge
  - Gliding
  - Post
35. **Treatment of an anterior S/C dislocation is best managed using a:**
- figure eight splint.
  - blanket roll.
  - rigid splint.
  - sling and swathe.
36. **Because of the abundant blood vessels and nerves in the elbow, an injury to a child's elbow should be splinted in:**
- the position found.
  - a 90-degree angle.
  - a 45-degree angle.
  - an elevated position using a blanket roll.
37. **An injured forearm, shoulder, clavicle, or scapula should be cradled in a sling:**
- with the splinted extremity elevated at the level of the clavicle.
  - with its weight evenly distributed.
  - at a 45-degree angle to the chest.
  - at the same level as the elbow.
38. **Which of the following signs or symptoms might be evident for an injury to the autonomic nervous system?**
- Vomiting
  - Elevated heart rate
  - Inability to move facial muscles
  - Trouble remembering one's own name
39. **You respond to an accident at which a male patient is complaining of severe back pain. He informs you that his back pain is coming from a recent fracture of his coccyx. Based on this information, what area of the back would the pain be emanating from?**
- The neck
  - The upper back
  - The tailbone
  - The lower back

40. A patient involved in a motor-vehicle collision has suffered the separation of a rib from a spinal vertebra. Based on the anatomy of the spine, where has this injury occurred?
- The lumbar spine
  - The cervical spine
  - The middle spine
  - The thoracic spine
41. A young intoxicated male patient cannot move his lower extremities after diving into the shallow end of a pool and hitting the bottom with his head. Which of the following mechanisms is most likely to be responsible for this injury?
- Compression
  - Rotation
  - Distraction
  - Penetration
42. While performing a primary assessment on a patient who has an isolated spinal cord injury, you note that he is in severe respiratory distress and struggling to breathe. Where should you suspect that the spinal cord injury has occurred?
- The diaphragm
  - The cervical spine
  - The thoracic spine
  - The lumbar spine
43. Which of the following signs or symptoms best indicates that a patient has suffered an injury to the thoracic spine?
- Altered mental status
  - Paralysis of the arms
  - Tingling in the legs
  - Cool and diaphoretic skin
44. A patient is complaining of back pain and numbness in both legs after being thrown from a bicycle. When should you check the motor function, sensory function, and pulses in this patient?
- Immediately after achieving manual in-line spinal immobilization
  - Immediately after applying a cervical collar
  - During the primary assessment
  - During the secondary assessment
45. Assessment of the cervical spine of a patient complaining of lower back pain after falling 20 feet reveals no displacement, tenderness, or instability. Accordingly, you should:
- release manual in-line spinal stabilization.
  - apply a properly sized cervical collar.
  - immobilize the patient to a backboard without a cervical collar.
  - inform the team that immobilization is not needed.
46. You are securing a patient to a long backboard. Which of the following lists indicates the appropriate order for securing the straps?
- Torso, pelvis, legs, head
  - Head, torso, pelvis, legs
  - Head, legs, torso, pelvis
  - Legs, head, torso, pelvis

47. **Which of the following statements about removing a helmet in a prehospital setting is correct?**
- Helmets should be removed only if they are too tight or if spinal immobilization is required.
  - It is acceptable to leave a helmet on a patient if the patient has no airway or breathing problems.**
  - Any patient wearing a helmet should have it removed so that the airway and breathing can be properly assessed.
  - Helmets should never be removed, so NUEC/NUOFA 3 Providers must be creative in working around the obstacle of a helmet while providing care.
48. **A 22-year-old female rock climber has fallen 25 feet to the trail below. The primary assessment shows her to be confused and to have an open airway and shallow breathing. Her pulse is 72 beats per minute, and her blood pressure is 78/50 mmHg. She has no motor ability or sensation in her legs. Which of the following conditions is the most likely cause of this patient's presentation?**
- Internal bleeding
  - Spinal cord injury**
  - Hemorrhagic shock
  - Hypoglycemia
49. **A primary injury to the central nervous system would be caused by:**
- drowning.
  - a hematoma.
  - a brachial plexus injury.
  - a laceration of the spinal cord.**
50. **Which of the following findings is most consistent with a skull fracture?**
- Bruising behind the ear that develops several hours after the injury**
  - Bilateral dilated pupils that do not respond to light
  - A hematoma in the occipital area of the head
  - Altered mental status

1. **In most cases, the position of comfort in abdominopelvic trauma is:**
  - a. in a left recumbent position with the knees bent.
  - b. in a right recumbent position with the knees bent.
  - c. **supine, with the knees bent.**
  - d. in the Trendelenburg position.
  
2. **Which of the following statements concerning the eye socket or orbit is *false*?**
  - a. It protects the fluid-filled eyeball.
  - b. It is formed by the skull and facial bones.
  - c. It anchors the muscles that control voluntary eye movement.
  - d. **It does not take much force to injure the orbital bones.**
  
3. **Because pelvic fractures can result in large blood losses, NUEC/NUOFA 3 Providers should:**
  - a. give the patient liquids to replace lost body fluids.
  - b. **call for ALS to begin treatment to replace lost body fluids.**
  - c. apply O<sub>2</sub> at 6 LPM via a nonrebreather.
  - d. give the patient glucose.
  
4. **You are assisting another NUEC/NUOFA 3 Provider to treat a young male with a deep laceration on his neck. Your partner appears to have controlled the bleeding. He asks you to apply a pressure dressing. In addition to helping to control the bleeding, you recognize that another important benefit to this type of dressing on a neck wound is:**
  - a. **preventing the entry of air into the circulatory system.**
  - b. preventing a cervical collar from irritating the wound.
  - c. promoting clot formation to prevent further bleeding.
  - d. providing neck stabilization.
  
5. **The primary assessment of a male teenager who is unresponsive and has skin that is hot, moist, and flushed reveals that his airway is open, his breathing is shallow, and his radial pulse is weak. You have placed him on high-flow oxygen. Which of the following actions should you take next?**
  - a. Get a medical history.
  - b. Perform a secondary assessment.
  - c. **Call for an ALS ambulance.**
  - d. Re-perform the primary assessment.
  
6. **Which of the following processes may account for as much as 60 percent of heat loss from the body?**
  - a. Conduction
  - b. **Radiation**
  - c. Respiration
  - d. Evaporation
  
7. **Which of the following phrases best describes a flail segment?**
  - a. Multiple fractures to the rib cage caused by blunt trauma
  - b. **Two or more adjacent ribs that have been broken in two or more places.**
  - c. Fractured ribs that have collapsed the underlying lung
  - d. Multiple rib fractures with bruising of the underlying lung
  
8. **The continued drop in core body temperature after removal from exposure to the cold is known as:**
  - a. **afterdrop.**
  - b. thermoregulation.
  - c. shock.
  - d. secondary hypothermia.

9. **You are facilitating a talk on cold emergencies in the backcountry. You are asked when one should attempt to rewarm a hand or foot that is frostbitten. Which of the following statements would be your best response?**
- "You never want to rewarm a frozen body part because doing so can cause additional damage."
  - "Attempt to rewarm a frozen body part only if the person still has some feeling in it."
  - "It is best to attempt rewarming in any situation because the benefits of rewarming outweighs the risks of not rewarming."
  - "Rewarming should take place only when there is no chance that the tissue will refreeze."**
10. **Blunt trauma to the upper right abdominal quadrant can injure the:**
- small intestines.
  - spleen.
  - pancreas.
  - liver.**
11. **You recognize that heat cramps are the probable cause of a patient's problem when the patient makes which of the following statements?**
- "I cannot remember what day it is."
  - "I have pain in my belly and legs."**
  - "I am having a hard time moving my fingers."
  - "My neck feels as though it is in spasm."
12. **You need to begin rewarming an unresponsive patient who has a core temperature of 93°F. Which of the following measures would most benefit this patient?**
- Give the patient warm drinks to increase internal body temperature.
  - Place one extremity at a time into warm water.
  - Wrap the patient in several warm blankets.**
  - Gently massage the patient's arms and legs.
13. **Which of the following processes is the body's most important cooling mechanism?**
- Radiation
  - Conduction
  - Evaporation**
  - Respiration
14. **The structures within the abdomen are:**
- poorly protected.**
  - protected by strong abdominal muscles.
  - protected by ribs.
  - protected by the pelvis.
15. **You respond to an accident in which a young male has sideswiped a tree on an expert trail. He has an abrasion on the left side of his face and neck and is spitting blood. He also lost several teeth, two of which he is holding. He has an airway and is breathing adequately. Your initial action when caring for the patient would be to:**
- obtain and properly preserve the teeth.
  - apply a pressure dressing to stop the bleeding.
  - establish manual in-line spinal stabilization.**
  - get a SAMPLE history.

16. **A patient complains of severe and sharp pain in the right lower abdominal quadrant. Based on this location, what organ or structure is most likely involved?**
  - a. kidney.
  - b. appendix.**
  - c. liver.
  - d. spleen.
  
17. **Light stimulates nerve endings in which of the following structures to send signals to the brain via the optic nerves?**
  - a. Lens
  - b. Lachrymal glands
  - c. Retina**
  - d. Iris
  
18. **Which of the following signs would you observe earliest in a hypothermic patient?**
  - a. Confusion
  - b. Hypotension
  - c. Shivering**
  - d. Bradycardia
  
19. **An NUEC/NUOFA 3 Provider can most accurately assess a patient's core temperature by using a(n):**
  - a. oral thermometer placed in the patient's mouth.
  - b. household rectal thermometer.
  - c. tympanic thermometer placed in the patient's ear.
  - d. low-temperature rectal thermometer.**
  
20. **Which of the following actions occurs when the diaphragm and the intercostal muscles relax?**
  - a. Inhalation
  - b. Inspiration
  - c. Release
  - d. Exhalation**
  
21. **Your friend, who is a landscaper, tells you that he got really sunburned at work today. He describes his torso and face as being very red, and he has blisters on his back. He asks you what to do. Based on his description, your recommendation would be to:**
  - a. cover the sunburned areas with zinc oxide.
  - b. apply a thick layer of an aloe-based lotion on the sunburned areas.
  - c. take ibuprofen for the discomfort.
  - d. apply cool compresses and consult a physician.**
  
22. **Which of the following structures works like a camera shutter to adjust the amount of light entering the eye?**
  - a. The posterior chamber
  - b. The lens
  - c. The iris**
  - d. The sclera
  
23. **You have been called to aid a patient with abdominal pain. The patient states that he recently had his gall bladder removed. As an OEC Technician, you realize that the gallbladder is located in the:**
  - a. lower left abdominal quadrant.
  - b. left upper abdominal quadrant.
  - c. right upper abdominal quadrant.**
  - d. lower right abdominal quadrant.

24. **When assessing a patient who sustained blunt trauma to the chest, which of the following assessment findings is most indicative of a serious injury to the lung?**
- An ecchymotic area on the anterior chest
  - Painful respirations
  - Hypoxia**
  - A respiratory rate of 20 breaths per minute
25. **A 15-year-old girl struck in the mouth with a baseball bat has lost her front teeth and is spitting a significant amount of blood. Your primary concern in treating this patient is:**
- checking her for a jaw fracture.
  - saving her teeth so they can be reimplanted.
  - observing her for possible airway compromise.**
  - watching her for seizure activity.
26. **When assessing the vital signs of a severely hypothermic patient, NUEC/NUOFA 3 Providers should:**
- warm their own fingers for a full minute to ensure that they can feel the patient's pulse.
  - check the patient's radial pulse to avoid exposing the patient's head and neck to the cold.
  - vigorously shake the patient to assess the true level of responsiveness.
  - monitor the patient's pulse and respirations for ten seconds.**
27. **The major cause of death in avalanche victims is:**
- trauma.
  - bleeding.
  - asphyxiation.**
  - severe hypothermia.
28. **You have placed an occlusive dressing on a puncture wound on the right side of the chest of a 33-year-old woman. During your ongoing assessment your primary concern is monitoring the injury for:**
- ecchymosis at the wound site.
  - infection at the wound site.
  - arterial bleeding.
  - tension pneumothorax.**
29. **The pancreas is best described as a(n):**
- fluid-filled organ.
  - solid organ.**
  - absorption organ.
  - hollow organ.
30. **You have applied a nonporous dressing to a puncture wound on a patient's chest. An OEC candidate asks you why the dressing was taped only on three sides. Your best response is that taping the dressing on three sides:**
- is less painful for the patient.
  - allows trapped air to escape upon exhalation.**
  - permits oxygen to enter the lungs.
  - decreases the chances that air will enter the chest upon exhalation.
31. **The thorax is enclosed by the:**
- thoracic vertebrae, diaphragm, mediastinum, and clavicles.
  - clavicles, sternum, diaphragm, and thoracic spine.
  - ribs, clavicles, diaphragm, and mediastinum.
  - ribs, sternum, thoracic spine, and diaphragm.**

32. You treated a 19 year old with a puncture wound to the chest by covering the wound with an impermeable dressing. Now, as you perform your ongoing assessment, you note that the patient is tachypneic and is complaining of difficulty breathing. Breath sounds on the side of the injury are also diminished. Which of the following actions should you take immediately?
- Load the patient quickly and transport him to a higher level of care.
  - Assist his breathing with a bag-valve mask.
  - Add another layer to the dressing.
  - Lift a corner of the dressing from the wound for a few seconds; then reapply and check his breath sounds.
33. When cooling a patient with a possible heat stroke, which of the following findings would be of most concern to a rescuer?
- Observing your partner applying an ice pack to the patient's neck
  - An increase in blood pressure to 100/80
  - Observing your partner giving the patient two aspirin to bring down his temperature
  - A decrease in heart rate from 140 beats per minute to 120 beats per minute
34. A young boy was running through the lodge with a pencil and tripped. The pencil impaled the boy's left eye and remains lodged in place. Appropriate care for the eye would include:
- stabilizing the impaled object and providing immediate transport.
  - quickly removing the pencil from the eye to prevent the loss of vision.
  - applying gentle pressure to the pencil and the eye to keep the pencil from moving.
  - applying ice to the affected eye to decrease pressure and reduce subsequent damage.
35. An OEC candidate indicates that she understands the difference between a pneumothorax and a tension pneumothorax when she makes which of the following statements?
- "A tension pneumothorax can cause cardiac output to decrease; a pneumothorax does not."
  - "A pneumothorax describes a collapsed lung; a tension pneumothorax involves both a collapsed lung and blood loss."
  - "A tension pneumothorax causes blood to accumulate around the lung; a pneumothorax involves the accumulation of air only around the lung."
  - "A pneumothorax is caused by a closed chest injury; a tension pneumothorax is caused by an open chest injury."
36. The three bones that convert sound waves into signals that are then carried to the brain are known as the:
- tympenic membranes.
  - auditory foramina.
  - auditory canals.
  - auditory ossicles.
37. You are in the aid room with a patient who is unresponsive and has hot, dry skin. His friends state that he has been drinking and passed out in the hot sun for several hours. A patroller is ventilating the patient with a bag-valve mask attached to high-flow oxygen. Which of the following actions would be most beneficial to this patient at this time?
- Try to give the patient sugar because he could be having a diabetic reaction.
  - Gently pour cold water over the patient to rapidly cool him down.
  - Place cold packs on the patient's groin and armpits.
  - Prepare the patient for vomiting by placing him in a prone position.



38. **The largest bone of the face, which forms the upper jaw, the hard palate, the floor of the nose, and the lower portion of each eye socket, is the:**
- mandible.
  - frontal bone.
  - zygoma.
  - maxilla.**
39. **The condition characterized by pupils of unequal size is:**
- anisocoria.**
  - malocclusion.
  - hyphema.
  - retinal detachment.
40. **A tear in the abdominal wall that results in protruding organs is called a(n):**
- contusion.
  - laceration.
  - evisceration.**
  - abrasion.
41. **A patient who is conscious and breathing has been pulled from a stream of cold water. To decrease her loss of heat via the mechanism of conduction, an NUEC/NUOFA 3 Provider should immediately:**
- encourage her to stop shivering.
  - provide positive-pressure ventilation.
  - remove her wet clothing.**
  - cover her with a blanket.
42. **Which of the following findings is *not* a sign of severe hypothermia?**
- A palpable radial pulse**
  - A core temperature below 82°F
  - Coma
  - Diminished pupillary eye reflexes
43. **You are treating a 16-year-old male who was skiing out of control and ran off the trail and into the woods. When you arrive, he is alert and complaining of pain in his right lower chest. Upon examination you note that he has impaled himself with a tree branch. He tells you he will feel better if you just remove the branch. Based on your training as an NUEC/NUOFA 3 Provider, you would respond by making which of the following statements?**
- "I need to get a bulky dressing ready in case there is bleeding when I remove the branch."
  - "I'm not supposed to remove the branch, but you can if you think it will make you more comfortable."
  - "Once my helpers arrive and we are ready to transport you, we can remove the branch."
  - "We need to leave the branch in place until we get you to a hospital."**
44. **An NUEC/NUOFA 3 Provider indicates that he understands the danger of heat stroke when he makes which of the following statements?**
- "Heat stroke resolves quickly with the administration of fluids and electrolytes."
  - "In heat stroke, the body loses its ability to lose excess heat, causing the body's core temperature to rise."**
  - "Heat stroke occurs when a patient's blood vessels are dilated, causing a mild state of shock."
  - "Heat stroke is not a dire emergency because the body has not lost too much fluid."

45. **You are treating a patient with suspected heat cramps. Which of the following treatments is the usual recommended treatment?**
- Administer salt tablets every 15 minutes until the cramping subsides.
  - Have the patient drink one quart of cold tap water every 15 minutes until he has to urinate.
  - Have the patient drink a mixture of one tablespoon of table salt in one quart of Gatorade.
  - Have the patient drink a mixture of  $\frac{1}{4}$  to  $\frac{1}{2}$  teaspoon of table salt in a quart of cool water.**
46. **Which of the following patients would have the highest priority for transport?**
- A 19-year-old who is lethargic, has hot dry skin, and has tachycardia**
  - A 34-year-old who is responsive, has cool diaphoretic skin, and is complaining of nausea
  - A 28-year-old who is responsive, has tachycardia, and has cool, moist skin
  - A 24-year-old who is intoxicated and is complaining of pain and spasms in his legs
47. **When assessing a patient, which of the following signs or symptoms is most indicative that the patient is suffering from a pneumothorax?**
- Shortness of breath
  - Severe pain upon each inspiration
  - Decreased breath sounds in the right lung**
  - Crepitus to the chest wall
48. **A person is in a hot environment, and his body is trying to compensate. He is beginning to exhibit signs of heat exhaustion. Which of the following signs/symptoms would you expect to see?**
- Hot dry skin, elevated heart rate, elevated body temperature
  - Diaphoretic skin, decreased heart rate, hunger
  - Cool and clammy skin, bradycardia, slow respirations
  - Warm and very sweaty skin, elevated body temperature, headache**
49. **The spleen of a patient has ruptured. Because it is a solid organ, an NUEC/NUOFA 3 Provider recognizes that the primary threat to life is:**
- pain.
  - blood loss.**
  - infection.
  - inflammation.
50. **An NUEC/NUOFA 3 Provider knows that the abdomen is located between the:**
- mid-chest and the umbilicus.
  - nipple line and the coccyx of the spine.
  - diaphragm and the top of the pelvis.**
  - bottom of the rib cage and the pelvis.

1. **Drowning is defined as:**
  - a. respiratory impairment due to trauma.
  - b. fluid oxidation of the lungs.
  - c. suffocation by submersion in a liquid.
  - d. death by traumatic injury to the airway.
  
2. **Which of the following statements is most appropriate concerning dealing with caregivers and children during a medical emergency?**
  - a. "I tell caregivers that everything will be okay so that they are calm and I am better able to help their child."
  - b. "I include caregivers in the care until I get the information I need; then I remove the child and continue the assessment in the first-aid room."
  - c. "It is best to separate caregivers from the child so that proper assessment and care can be given."
  - d. "I try to include caregivers in all that I do with their child so that the child and the caregivers are more comfortable."
  
3. **The two submersion injuries are:**
  - a. the mammalian diving reflex and near-drowning.
  - b. diving and drowning.
  - c. delayed submersion and advance drowning syndrome.
  - d. drowning and near-drowning.
  
4. **When taking the pulse of an elderly patient, it is recommended that NUEC/NUOFA 3 Providers:**
  - a. divert the patient's attention with conversation.
  - b. repeat and document the pulse rate every 2 minutes.
  - c. use electronic devices only to obtain the pulse.
  - d. take the radial pulse on both arms and compare the two rates.
  
5. **Given that 50 percent of patients with HAPE also have symptoms of AMS, it is important that you ask patients if they have had which of the following groups of signs/symptoms?**
  - a. Headache, blurred vision, peripheral edema
  - b. Difficulty sleeping, vomiting, ataxia
  - c. Harsh cough, itchy skin, nausea
  - d. Fatigue, nausea, difficulty sleeping
  
6. **Large nitrogen bubbles can act as a(n):**
  - a. oxygen inhibitor.
  - b. carrier for glucose.
  - c. embolus that blocks blood flow.
  - d. carbon dioxide carrier.
  
7. **Some elderly patients have osteoporosis, a condition that results in:**
  - a. decreased bone density.
  - b. decreased insulin production.
  - c. gall stone production.
  - d. decreased renal output.
  
8. **Plants most commonly cause toxic reactions through which of the following routes?**
  - a. Ingestion and topical contact
  - b. Ingestion and inhalation
  - c. Topical contact and injection
  - d. Inhalation and injection

9. **Which of the following statements about traumatic injuries in the elderly is true?**
- Injuries are most commonly caused by falls.
  - Head injuries are easier to detect in the elderly than in younger adults.
  - Motor-vehicle collisions are responsible for over 75 percent of deaths.
  - Hyperthermia is an early sign of trauma.
10. **Correcting a life-threatening condition such as external bleeding in elderly patients can be more problematic because:**
- the skin of elderly patients does not rebound as quickly as it does in younger patients.
  - the veins of elderly patients have weaker walls than those in younger patients.
  - elderly patients may be on Lasix.
  - many elder patients are taking warfarin or other blood thinners.
11. **You must assess the pupils of a 5-year-old boy who fell. Which of the following statements would be most appropriate for you to make before performing the assessment?**
- "Open your eyes so that I can look into them."
  - "I am going to look into your pupils with my light."
  - "I need to test your visual acuity by shining a light in your eyes."
  - "I am going to use this light to look into your eyes."
12. **Among the pediatric population, poisonings most often occur in:**
- infants, because they routinely put things into their mouths.
  - adolescents, when they experiment with drugs and alcohol.
  - school-age children, from taking over-the-counter medications.
  - toddlers, from ingesting lead-based paint.
13. **The concentration of oxygen at sea level is approximately:**
- 43 percent.
  - 21 percent.
  - 40 percent.
  - 35 percent.
14. **Patients who die 24–72 hours after a water emergency are said to die from:**
- secondary drowning.
  - near-drowning.
  - post-drowning.
  - drowning.
15. **In a water emergency, drowning asphyxia leads to:**
- tightening of the epiglottis.
  - relaxation of the airway.
  - blockage of the cricoid cartilage.
  - collapse of the lungs.
16. **A geriatric patient's cardiovascular response to stress, illness, and injury is different than that of younger patients. Which of the following statements is false?**
- The volume of blood in the body decreases in geriatric patients.
  - Blood vessels become stiffer from atherosclerosis in geriatric patients.
  - The heart slows due to decreased electrical conductivity in geriatric patients.
  - As the heart ages, the ventricles become stiffer.

17. You are teaching a class to NUEC/NUOFA 3 candidates and explain that a pre-existing illness may be complicated by the effects of high altitude. In teaching this concept to your class, you explain that the reason for this effect is that:
- the increased barometric pressure at high altitude makes the heart work harder.
  - dehydration can limit circulating blood volume.
  - less oxygen is available to vital organs at high altitude.
  - nausea makes it difficult for people to take their medications.
18. You are working at a mountain resort and are presented with a 50-year-old woman who states that she does not feel well. From your assessment, which of the following findings would seemingly indicate that the patient is being adversely affected by the high altitude?
- Vomiting after eating large meals
  - An elevated blood glucose level with no history of diabetes
  - A heart rate of 62 beats per minute
  - A complaint of dyspnea on exertion
19. Which of the following conditions must NUEC/NUOFA 3 Providers consider when evaluating hypotensive geriatric patients with altered mental status who show no signs of external bleeding, chest injury, or abdominal trauma?
- Dehydration
  - A genetic hypotensive condition
  - A hip or pelvic fracture
  - A tib/fib fracture
20. Which of the following conditions is associated with pulmonary embolism?
- Pulmonary edema
  - Hypertension
  - Hypoxia
  - Infection
21. The most common source of burns in children is:
- chemicals.
  - a candle.
  - a scalding-hot liquid.
  - a cigarette lighter.
22. Labored breathing at rest and audible chest congestion herald the development of a serious, potentially life-threatening stage of what altitude-related condition?
- Khumbu cough
  - HAPE
  - Acute mountain sickness
  - Peripheral edema
23. You are immobilizing a 4-year-old boy on a long spine board. Which of the following actions would be appropriate when performing this intervention?
- Place padding between the patient's shoulders and the spine board.
  - Place a pillow under the patient's neck to keep the airway open.
  - Secure the patient's chest and legs to the board after the head has been secured.
  - Avoid applying the chest strap across the patient's thorax.

24. Which of the following statements concerning insulin pumps is *false*?
- They supply insulin via a catheter.
  - They are implanted in the patient's chest.
  - They have an external on/off button.
  - They are commonly found on a patient's belt.
25. You have been called to assist a panicked mother who is worried about her son. When you arrive, she tells you that her 4-year-old son has been quiet all morning and napping while the rest of her children were skiing. While napping he began to "shake all over" for about 30 seconds. The child is now resting quietly and has adequate respirations. His radial pulse is strong, and his skin is very hot and moist to the touch. Based on this presentation and information, you assume that the seizure occurred secondary to:
- hypoglycemia.
  - a fever.
  - hypoxia.
  - altered mental status.
26. The most effective method for preventing high-altitude illness is to:
- make gradual ascents.
  - maintain adequate hydration and eat a high-carbohydrate diet.
  - avoid drinking alcohol.
  - take medications such as Diamox.
27. When caring for someone who has been attacked by a large animal such as a moose or bear, you should assume that:
- unless there is a bite, there is no potential for infection.
  - the animal probably has rabies or it would not have attacked.
  - bleeding from claw injuries is the most dangerous injury.
  - the potential for spinal injury exists.
28. The lung capacity in a healthy 90-year-old patient is \_\_\_\_\_ that of a 30-year-old patient.
- three-quarters of
  - one-quarter of
  - half of
  - equal to
29. The class of medications that is most commonly prescribed to elderly patients is:
- neurological medications.
  - respiratory medications.
  - gastrointestinal medications.
  - cardiovascular medications.
30. In geriatric patients, strokes can be caused by a blockage or by:
- a rupture of a cerebral blood vessel.
  - a buildup of dopamine.
  - trauma to the cortex.
  - a buildup of epinephrine.
31. An adolescent is defined as someone who is:
- 13–18 years old.
  - 9–18 years old.
  - 10–16 years old.
  - 8–16 years old.

32. **You are treating a child who has a minor head laceration that is bleeding profusely. Which of the following statements would show your partner that you understand bleeding in children?**
- "This is a minor head laceration, so we don't need to worry."
  - "As long as the child's vital signs are stable, we don't have to worry."
  - "Children have a smaller blood volume than adults, so this rate of bleeding is serious."**
  - "Children have great compensating mechanisms, so bleeding from the head isn't serious."
33. **As altitude increases:**
- air density becomes greater.
  - barometric pressure increases.
  - the partial pressure of oxygen decreases.**
  - the concentration of oxygen decreases.
34. **When assessing a 3-year-old child with a respiratory illness, which of the following assessment findings would be *least* concerning to you?**
- Retractions observed above the clavicles
  - A respiratory rate of 28 breaths per minute**
  - Patient in the tripod position
  - Paradoxical breathing
35. **You are teaching an NUEC/NUOFA 3 class and need to explain toxins. Which of the following statements is the best description of a toxin?**
- It is a poison made by a living creature, including plants and animals.**
  - It is anything ingested that causes an anaphylactic reaction.
  - It is a poison that comes from a chemical.
  - It is a usually transmitted by a bite or a sting.
36. **When seen in a child, the "tripod" and "sniffing" positions are usually signs of:**
- respiratory distress.**
  - hypovolemia.
  - a neck or spine injury.
  - an infection of the brain.
37. **Which of the following signs and symptoms is *not* a characteristic of a bee, wasp, or hornet sting?**
- Pain
  - Nausea and vomiting**
  - Swelling
  - Joint aching
38. **Salt water, which has a higher tonicity than body tissues, shifts fluids:**
- toward the duodenum.
  - into the nasal cavity.
  - out of the bloodstream and into the esophagus.
  - out of the bloodstream and into the lungs.**
39. **When communicating with a geriatric patient, NUEC/NUOFA 3 Providers should:**
- use layman's terms.**
  - use medical terms to describe their findings and treatment plan.
  - touch the patient as they explain the patient's medical issues and affected body areas.
  - use anatomical pictures and point to the affected areas as they explain.

40. You are night skiing when you are notified that a child has been involved in a collision on the intermediate trail. As you approach the scene you are thinking about your assessment and realize that the cold and low light may make assessing the child's circulation difficult. In this situation, other options for assessing circulation include assessing all of the following *except*:
- the palms of the hands.
  - the sclera of the eyes.
  - fingertip capillary refill.**
  - the patient's lips.
41. A specific toxin or poisonous secretion of an animal that is usually transmitted by a bite or sting is known as:
- antigen.
  - bullae.
  - nettle.
  - venom.**
42. Most reptile-related injuries are caused by:
- alligators.
  - sharks.
  - crocodiles.
  - snakes.**
43. Which of the following conditions is *not* a possible cause of seizures in young children?
- Fever
  - Epilepsy
  - Diabetes
  - Hypothermia**
44. You are with a group of hikers on the third day of an 11,000-foot mountain ascent. One of the hikers has not been feeling well for a couple of days. Today, members of the group notice that he is having difficulty getting dressed and speaking. From your training in outdoor emergency care, you recognize that these signs and symptoms are most often associated with:
- frostbite.
  - peripheral neuropathy.
  - acute mountain sickness.
  - HACE.**
45. A 9-month-old boy has been stung on his tongue after sucking on a bottle that had a bee on the nipple. In comparison to the same injury in an adult, why would an NUEC/NUOFA 3 Provider be more concerned over this child?
- When injured, a child's mouth produces more saliva, making choking a major concern.
  - A child's tongue is proportionally larger, increasing the chances of airway occlusion from even minor swelling.**
  - A child's airway has more blood vessels than an adult's, making bleeding more of a concern.
  - Children tend to be highly allergic to bee stings, whereas the same allergy in adults is rare.
46. The final event in the series of events in drowning is:
- cardiac arrest.**
  - a seizure leading to unresponsiveness leading to respiratory arrest.
  - unresponsiveness leading to respiratory arrest.
  - altered mental status leading to respiratory arrest.



47. **The height or vertical elevation above a fixed point is known as:**
- altitude.
  - ataxia.
  - elevation.
  - ascent.
48. **Two of the most important conditions that can complicate drowning and near-drowning are:**
- water temperature and salinity.
  - time of day and air temperature.
  - water depth and pH.
  - undertow and turbidity.
49. **In an otherwise healthy individual, the presence of a headache and feelings of sickness at high altitude is known as:**
- a high-altitude migraine.
  - acute mountain encephalitis.
  - acute mountain sickness.
  - high-altitude pulmonary edema.
50. **When a young child at a neighborhood cookout cries out that he was stung by a bee on his forearm, you should:**
- immobilize the arm and place it at the level of the child's heart to prevent spread of the venom.
  - ask if anyone has an epinephrine auto-injector in case the child has a reaction.
  - scrub the area with soap and water to remove the stinger.
  - apply ice to reduce the swelling and pain.

1. **Which of the following activities is *not* considered a special operation?**
  - a. A low-angle rescue
  - b. Toboggan transportation**
  - c. A lift evacuation
  - d. A vehicle extrication
  
2. **The function of the uterus in pregnancy is to:**
  - a. protect the abdominal organs during fetal growth.
  - b. manufacture specific blood cells needed for fetal survival.
  - c. permit the excretion of wastes from the baby to the mother.
  - d. provide an environment for the ovum to develop into a fetus.**
  
3. **When the placenta attaches over the cervix, the baby and the mother are at risk for which of the following conditions?**
  - a. A uterine tear
  - b. Placenta previa**
  - c. An ectopic pregnancy
  - d. Placenta abruptio
  
4. **Which of the following findings should be of greatest concern when assessing a 33-year-old woman who is 8 months pregnant?**
  - a. Shortness of breath when lying flat
  - b. Vaginal bleeding that is not associated with pain**
  - c. Daily contractions that are irregular and painful
  - d. Recent onset of a fever of 99.3°F
  
5. **Which of the following instructions describes the correct way to suction a newborn?**
  - a. Suction the mouth first and then the nose.**
  - b. Use a portable suction device on its "high" setting.
  - c. Insert the bulb syringe deep into the oropharynx to remove any thick secretions located there.
  - d. Don't use suction until the baby has been delivered.
  
6. **Toxic nerve agents:**
  - a. decrease production of chemical transmitters.
  - b. block stimulation of both sensory and motor nerve endings.
  - c. overstimulate the nerve endings and the central nervous system.**
  - d. block stimulation of sensory nerve endings only.
  
7. **Elisabeth Kubler-Ross described five distinct phases that occur when a person learns that death is pending. Which of the following statements about these phases is accurate?**
  - a. Once you fully complete a phase you will not return to it again.
  - b. Individuals who do not move through the phases in a specific time frame are suffering from depression.
  - c. The grieving process follows similar phases except that you never go through denial.
  - d. The five phases are denial, anger, bargaining, depression, and acceptance.**
  
8. **You are assessing a 12-year-old boy who was injured while running. The patient's mother tells you that her son has Down syndrome. Based on your training, which of the following statements concerning a Down syndrome athlete is true?**
  - a. They have physical and intellectual disabilities that vary widely from one individual to another.**
  - b. You need to approach them carefully because generally they are very unpleasant to deal with.
  - c. You can predict the amount of intellectual disability from the degree of physical changes you observe.
  - d. They often complain of pain or injury.

9. **You are describing techniques for remaining safe when responding to a call for a patient with a behavioral emergency. Which of the following statements is appropriate?**
  - a. "You cannot be empathetic to the patient's feelings because that would be a sign of weakness."
  - b. You should be sure that you have at least one exit route, and do not let the patient get between you and that way out."**
  - c. "You should approach patients quietly and try to surprise them so they don't have time to develop a plan to attack you."
  - d. "You need to encounter the patient first, and then come up with your safety plan."
  
10. **It's 2 pm on Saturday, and you're out for a bike ride with friends. About halfway down a small hill, you see an adult and a child at the side of the road. It appears that the child may have fallen. As you approach, you ask if you can help, to which you hear a mom's thankful "yes." The child, who is about 8 years old, is sitting quietly and does not respond when you say "hi." The mother explains that her son has atypical autism. Based on this information, which of the following techniques might you use to complete your assessment?**
  - a. Speak only to the child.
  - b. Ask the child open-ended questions.
  - c. Give the child simple, one-step directions.**
  - d. Speak to the child loudly to get his attention.
  
11. **The most common cause of fetal death due to trauma to a pregnant woman's abdomen is:**
  - a. premature labor.
  - b. abruptio placenta.**
  - c. a crushing injury to the fetus.
  - d. penetration of the uterus.
  
12. **Search and rescue operations consist of which of the following five basic tasks?**
  - a. Mobilization, intelligence gathering, containment, search, and rescue**
  - b. Incident Commander assigned, team leaders and teams assigned, grids determined, search & rescue, and reporting
  - c. Notification of rescue personnel, perimeter marking, grid assignments, search & rescue, and reporting
  - d. Information gathering, grid assignments, search, medical treatment, and evacuation
  
13. **Which of the following structures is *not* a boundary of the pelvic cavity?**
  - a. The sacrum (posteriorly)
  - b. The diaphragm (superiorly)**
  - c. The internal muscles (anteriorly)
  - d. The ischium (inferiorly)
  
14. **When assessing a pregnant woman it is important to remember that:**
  - a. the uterus will be expanded and may be as high as the diaphragm.**
  - b. maternal heart rate is usually normal in the third trimester.
  - c. due to physiologic changes in pregnancy, women may lose only 15 percent of their blood volume before they go into shock.
  - d. systolic and diastolic blood pressures are normally high in the third trimester.
  
15. **In a HazMat incident, the transition area in which decontamination occurs is known as the:**
  - a. warm zone.**
  - b. cold zone.
  - c. treatment area.
  - d. transport zone.

16. **A 27-year-old woman is complaining of midline lower abdominal pain that worsens with urination and is associated with blood in her urine. One possible cause of her symptoms would be:**
- an ovarian cyst.
  - dysmenorrhea.
  - cystitis.**
  - pelvic inflammatory disease.
17. **A low-angle rescue is any rescue work that:**
- is utilized only when a patient must be lowered out of an incident zone.
  - takes place on a slope that is approximately 45 degrees or more in either an ascending or a descending direction.
  - takes place on a slope ranging from horizontal to 45 degrees.**
  - mainly involves crevasse rescues in mountaineering and climbing.
18. **When caring for a patient with dyslexia, it is important to remember that:**
- you should not expect any impairment in communication.
  - all individuals with dyslexia have below-normal intelligence.
  - hyperactivity and impulsive behavior are common in individuals with dyslexia.
  - the patient may have difficulty processing new information.**
19. **Which of the following statements concerning locating and extricating a victim buried by an avalanche is correct?**
- Survival rates drop to 50 percent after the first 1.5 hours.
  - Once the victim's face is clear, the patient's back should be dug out so a backboard can be inserted.
  - Spinal injuries are presumed until proven otherwise.**
  - There should be no danger of another avalanche because the snow has now settled.
20. **Which of the following patients is exhibiting signs of psychosis?**
- A recently divorced 35-year-old who sleeps most of the day and is losing weight
  - A 37-year-old who is having hallucinations**
  - A 72-year-old who was recently diagnosed with dementia
  - An 18-year-old who is so anxious about peer pressure that he is unable to go to school
21. **Which of the following actions is best to keep a behavioral patient calm and to avoid provoking a violent outburst?**
- Inform the patient of everything that is happening and use a calm voice throughout care.**
  - Involve as many people as possible in the situation as a "show of force."
  - Establish that you are in control of the situation and that the patient must cooperate or you will restrain him.
  - Inform the patient that he is responsible for all of his actions, and that if he hurts you, you will sue him.
22. **Your first priority in managing a patient with a behavioral emergency is:**
- assessing and managing the patient's airway.
  - providing the patient high-concentration oxygen.
  - ensuring your own personal safety.**
  - determining if the patient is a threat to himself or herself.
23. **Attention deficit disorder and autism are examples of:**
- mental retardation.
  - illnesses involving both physical and cognitive disabilities.
  - intellectual disabilities.**
  - genetically inherited disabilities.

24. **You are working with a new group of ski patrollers and instructing them on sit-skis. Which of the following statements about sit-skis is correct?**
- "To turn a sit-ski, the skier moves his head, shoulders, or outriggers."
  - "You cannot get a sit-ski down in a lift evacuation; you need to evacuate just the skier."
  - "Because of the weight of a sit-ski, you do not have to worry that it will fall off a lift."
  - "You do not need to lift a sit-ski to get it on a chair lift."
25. **When caring for patients with life-long intellectual disabilities:**
- provide care quickly because they will not know they are cold.
  - include their caretakers in the assessment because they can help with communication.
  - recognize that disorientation is a sign of a head injury.
  - use a stern, unemotional tone of voice because they may not pay attention to you.
26. **In an ectopic pregnancy, the primary threat to the pregnant woman is:**
- hemorrhage.
  - severe pain.
  - infection.
  - damage to pelvic organs.
27. **In abruptio placenta, the greatest threat to the baby is:**
- maternal shock.
  - pain.
  - infection.
  - hypoxia.
28. **You have completed an assessment of a 32-year-old woman in the seventh month of pregnancy. Which of the following assessment findings would concern you the most?**
- Increased weight gain over the past month
  - Intermittent vaginal bleeding
  - An increased desire to eat
  - Several painless contractions
29. **Which of the following tasks is *not* a task an NUEC/NUOFA 3 Provider should be ready to perform in assisting an EMT in the back of an ambulance?**
- Medication administration
  - Airway management
  - Splinting
  - Hemorrhage control
30. **A woman who is 36 weeks pregnant has fallen and is complaining of sharp abdominal pain. She is also experiencing vaginal spotting. She has tenderness on palpation just right of the midline of her abdomen. Her pulse is 122, respirations are 22, and blood pressure is 118/82 mmHg. Based on this presentation, which of the following actions would you take?**
- Provide low-concentration oxygen and transport her.
  - Administer high-flow oxygen and immediately transport her.
  - Massage her abdomen, provide high-flow oxygen, and nonemergently transport her.
  - Place her in a supine position and immediately transport her.
31. **The contaminated area in a hazardous incident is known as the:**
- contaminated zone.
  - hot zone.
  - decontamination zone.
  - cold zone.

32. **Which of the following behaviors is a sign of potential aggression in a patient?**
- Avoiding eye contact
  - Increased sighing
  - The clenching of both fists
  - Refusal to answer some questions
33. **When asked, a young woman with abdominal pain replies that she is not sure whether she is pregnant or not. Which of the following questions would best help you determine whether the patient could be pregnant?**
- "Have you been vomiting in the morning?"
  - "When was your last menstrual period?"
  - "Does it feel like the last time you were pregnant?"
  - "Do you feel pressure in your lower belly?"
34. **A 29-year-old woman with cerebral palsy has fallen and suffered a boot-top fracture of her right leg. When you examine her she tells you that the spasticity in that leg is much worse than usual. Treatment in this situation may best be accomplished by:**
- repositioning the leg.
  - massaging the muscles in the leg.
  - applying traction to the leg.
  - stabilizing the leg in a position of comfort.
35. **In which of the following patients would an NUEC/NUOFA 3 Provider recognize a full-term pregnancy?**
- A 25 year old who is 220 days into pregnancy and is complaining of pain
  - A 21 year old who is 39 weeks pregnant and is feeling dizzy
  - A 33 year old with twins in the eighth month of pregnancy
  - A 40 year old beginning her third trimester whose water just broke
36. **You are caring for a hearing-impaired athlete and realize that in order to communicate, you:**
- should face the person because most hearing-impaired individuals can read lips.
  - must know sign language or call for someone who does.
  - will need paper and a pen because most hearing-impaired individuals cannot speak.
  - can usually speak loudly enough to be understood.
37. **Two of the most common medical causes of abnormal behavior are:**
- hypoxia and hypoglycemia.
  - carbon monoxide poisoning and acute myocardial infarction.
  - exercise and hypoglycemia.
  - hypotension and hyperthermia.
38. **Which of the following statements about the placenta is accurate?**
- The placenta typically delivers itself within 30 minutes of the birth of the baby.
  - It is essential that the mother not be moved until the placenta has been delivered.
  - The placenta is full of bacteria and should not be transported near the baby in the ambulance.
  - The placenta is delivered by applying gentle pressure to the abdomen after the baby has been born.

39. **Special operations is a term used to denote:**
- a federal team that is organized to handle mass casualty situations involving mountainous terrain.
  - infrequently performed activities that require specialized training, skills, and equipment in a remote setting.
  - a specialized procedure that is used for victims of chemical terrorism events and that involves both decontamination and drug injections.
  - protocols NUEC/NUOFA 3 Providers use when working with an ambulance service in an urban setting.
40. **Which of the following structures is *not* located within the pelvic cavity?**
- The fallopian tubes
  - The ovaries
  - The uterus
  - The appendix
41. **A condition in which a person exhibits abnormal behavior but is able to function within the normal boundaries of reality is known as:**
- a behavioral emergency.
  - schizophrenia.
  - a psychosis.
  - a neurosis.
42. **You are teaching a class on adaptive athletes and are asked to discuss Asperger's syndrome. Which of the following statements is an appropriate response?**
- "Asperger's syndrome implies that the person has no difficulty participating in normal day-to-day activities but may have difficulty with long-range planning."
  - "Asperger's syndrome is a condition manifested by a standard group of symptoms, including physical impairments."
  - "Asperger's syndrome is an autism spectrum disorder in which the person may be fearful in unfamiliar environments."
  - "Individuals with Asperger's syndrome are less likely to come in contact with rescuers than are members of the general population."
43. **When treating a patient exhibiting abnormal behavior, you should always:**
- provide oxygen with a nonrebreather mask at 15 LPM.
  - assume that the abnormal behavior is a manifestation of an underlying psychological problem.
  - assist the patient in taking glucose in case the patient is hyperglycemic.
  - assume until proven otherwise that the source of the abnormal behavior is an underlying medical condition.
44. **The underlying pathophysiology associated with an ectopic pregnancy is that a fertilized egg is:**
- lodged in a fallopian tube.
  - developing without a placenta.
  - attached to the ovary.
  - contaminated with abdominal bacteria.
45. **Logistics, one of the four basic functions of an organized avalanche rescue, is primarily concerned with:**
- getting the rescuers to the scene.
  - caring for the rescuers in the field.
  - keeping a log of the search's activities.
  - arranging for extrication of the victims.

46. **As soon as a baby is delivered from the vaginal canal, it is crucial that you:**
- vigorously dry and warm the newborn.**
  - obtain a complete set of baseline vital signs.
  - perform an APGAR assessment.
  - clamp and cut the umbilical cord.
47. **A group of ski patrollers have invited you to join their team on a bike ride to raise money for multiple sclerosis (MS) research. You recall learning about MS in your NUEC/NUOFA 3 class, but you ask your friend to remind you of some of the key features of this condition. Which of the following statements made by your friend would be most accurate?**
- "MS does not affect mental capacity and memory."
  - "The progression of MS is a continuous gradual loss of sensory and motor function."
  - "MS is a progressive disease that causes degeneration of both central and peripheral nerves."**
  - "Speech and mood are generally not affected by MS."
48. **At what point during a delivery should you first suction the baby?**
- After the baby's head has been delivered but before the torso is out of the vaginal opening and if there is obvious obstruction to spontaneous breathing**
  - When the baby's chest has been delivered but before the legs are free of the vaginal canal
  - Before the cord has been cut but after the baby has been assessed and determined to be stable and if there is obvious obstruction to spontaneous breathing
  - When the baby has been delivered and has been dried and warmed
49. **You are called to the lodge to assist a 25-year-old man who reportedly is having hallucinations. When you arrive, he is sitting quietly and appears calm. Information obtained in your SAMPLE history indicates that the patient started having hallucinations yesterday. He was diagnosed with schizophrenia a few years ago and has been prescribed two different medications. Which of the following questions is most pertinent to the situation and should be asked next?**
- "Has your doctor considered increasing the dose of your medication?"
  - "Do you believe that the hallucinations are real?"
  - "Have you been taking your medications as prescribed?"**
  - "Have you been eating and drinking adequately?"
50. **Which of the following statements concerning the functions of the vagina is true?**
- The vagina allows the passage of a baby during delivery and the outflow of urine from the bladder.
  - The vagina serves as a passageway for the fetus during delivery and an outlet for blood during menstruation.**
  - The vagina allows the excretion of urine from the bladder and the outflow of menstrual blood.
  - The vagina permits the outflow of menstrual blood and is the site at which a sperm fertilizes an egg.



1. **Which of the following patients should be classified as unresponsive?**
  - a. A 46-year-old male who does not respond to a shoulder pinch
  - b. A 52-year-old who cannot answer your questions
  - c. A 70-year-old female who has suffered a stroke
  - d. A 39-year-old female who is confused
  
2. **A female patient suffers from a muscular disease and cannot walk. Based on the fact she cannot ambulate, you should recognize that which of the following muscle types is affected?**
  - a. Involuntary muscle
  - b. Skeletal muscle
  - c. Cardiac muscle
  - d. Smooth muscle
  
3. **When asked, an alert and oriented 44-year-old man with a history of high blood pressure reports that he called for help because "my chest is hurting." He is diaphoretic and nauseated, has a pulse of 88 and a BP of 156/92, and says that his pain "feels just like my heart attack two years ago." Based on this information, how would you document his chief complaint on the patient care report?**
  - a. Myocardial infarction
  - b. "My chest is hurting."
  - c. Chest pain with hypertension
  - d. Possible heart attack
  
4. **When getting a refusal from a patient who does not want treatment, it is *critical* that you do which of the following things?**
  - a. Have the patient promise to get care if the symptoms get worse.
  - b. Make sure the patient has someone who can provide transportation to the hospital.
  - c. Ensure that the patient understands the risks of refusing care.
  - d. Have the patient sign and date the refusal form.
  
5. **Which of the following statements indicates that the speaker understands hemorrhagic strokes?**
  - a. "They occur when a blood vessel in the brain ruptures."
  - b. "Their signs and symptoms generally resolve within 24 hours."
  - c. "They occur when clots form in blood vessels in the brain."
  - d. "They can sometimes be treated by clot-destroying medications."
  
6. **There is a fight involving approximately 20 bar patrons. Weapons were used, and there are varying degrees and types of injuries. The first person on scene has started assessing a person lying on the floor with blood covering his shirt. Quick assessment reveals him to be breathing at 24 times per minute. Which of the following actions should be done next?**
  - a. Check for a radial pulse.
  - b. Attend to the next patient.
  - c. Place a yellow tag on his wrist.
  - d. Assist ventilation with a BVM.
  
7. **The four major categories of shock are:**
  - a. burn, hypovolemic, distributive, and hypoxic.
  - b. hemorrhagic, distributive, hypoxic, and obstructive.
  - c. hypovolemic, cardiogenic, obstructive, and distributive.
  - d. hypoglycemic, obstructive, distributive, and hypovolemic.

8. Which of the following signs should an NUEC/NUOFA 3 Provider detect during a secondary assessment of a critically injured patient?
- Bruising and tenderness to the abdomen
  - Weak carotid pulse and clammy skin
  - Inadequate respiratory effort
  - Decreased level of responsiveness
9. A patient informs you that any time she uses a particular soap, she experiences a mild allergic reaction. You recognize that:
- her airway will swell shut if she inhales the soap.
  - she must have been exposed to the soap as an infant.
  - the soap contains antibodies that react in her body.
  - the soap contains an allergen.
10. While responding to an MCI drill involving an explosion, you recognize that the dozen ambulances sitting in a parking lot three blocks away from the incident constitute the:
- triage area.
  - treatment unit.
  - transport unit.
  - staging unit.
11. You are caring for a 55-year-old man with significant trauma. His medical history reveals high blood pressure for which he takes a beta blocker. You realize that this group of drugs may:
- cause his heart rate to increase.
  - cause him to have lower-than-normal blood pressure.
  - inhibit his heart's ability to beat faster.
  - diminish his reactions to pain.
12. You arrive at the aid room and note that portable oxygen tanks are now yellow instead of green as during your previous shift. As a knowledgeable NUEC/NUOFA 3 Provider you should:
- decide that your mountain area has switched to new lightweight oxygen tanks.
  - recognize the availability of more effective synthetic oxygen.
  - realize that the yellow color indicates new tanks that hold more oxygen.
  - not use the yellow tank and instead retrieve a green cylinder.
13. Which of the following statements indicates that the speaker has an accurate understanding of altered mental status (AMS)?
- "AMS is any mental state in a person with diabetes."
  - "AMS should be suspected only when a patient is on medications that can cause confusion."
  - "AMS describes any abnormal change in a person's level of awareness."
  - "AMS occurs only when a patient is not responsive to verbal or painful stimuli."
14. You are teaching a class about drug-related emergencies, specifically opiate overdose. Which of the following statements made by students indicates an understanding of possible signs of opiate overdose?
- "You should always check the patient's pupils because they will be dilated in a narcotics overdose."
  - "You should always ask patients if they have chest pain because narcotics increase the heart's workload."
  - "When assessing a patient, you must be alert for respiratory depression."
  - "Only illegal narcotics can cause hallucinations, which may make the patient violent."

15. **Five minutes after you assist a patient with her epinephrine auto-injector, she states that she feels much better and would like to refuse additional care. What of the following statements would be most appropriate given the situation?**
- "If you feel better now, there is probably no need to go to the hospital. But you should get another auto-injector."
  - "The epinephrine will wear off in 10 to 20 minutes. As long as you have another injector I can watch you and see what happens."
  - "Now that you have taken your epinephrine, you should go to the hospital for additional care."**
  - "Epinephrine can make your heart race. But don't worry, you don't need more care; just be sure that someone is with you."
16. **You have been called for a seizure emergency. You find an adult female actively seizing with a bystander attempting to place a spoon between her teeth. The bystander tells you that he is trying to keep the person from biting her tongue. Which one of the following would be an appropriate response?**
- Ask the bystander to discontinue his efforts and then turn the patient onto her side to facilitate the drainage of oral secretions.**
  - Instruct the bystander to restrain the patient while you put the spoon in place.
  - Tell the bystander to continue trying to get the spoon in place.
  - Tell the bystander that a padded tongue blade works better.
17. **Which of the following is most effective for reducing the incidence of injury or illness in skiing or other outdoor activities?**
- Clinical care
  - Emergency personnel
  - Public access
  - Prevention**
18. **The diaphragm separates the thoracic cavity from the:**
- abdominal cavity.**
  - spinal cavity.
  - pelvic cavity.
  - heart.
19. **Which of the following foods most commonly causes an allergic reaction?**
- Chocolate
  - Eggs
  - Shellfish
  - Peanuts**
20. **Hemorrhage can result in all of the following except:**
- increased heart rate.
  - decreased respirations.**
  - decreased ability to oxygenate tissues.
  - decreased nutrients to tissues.
21. **You are driving on the highway and see an overturned tanker. A fluid is spilling from the tanker rapidly covering the ground around the driver's door. The driver appears to be unresponsive. The only marking on the tanker seems to be the name of the tanker company and hazard symbol. Your initial action should be:**
- cover your mouth and nose so that you don't breathe any fumes while you rescue the driver.
  - remain at a safe distance while calling 911 for assistance.**
  - try not to step in the liquid while pulling the driver away from the truck.
  - have someone call 911 and assess the driver's ABCDs.

22. **Signs and symptoms can be identified using the:**
- DCAP-BTLS mnemonic.
  - SAMPLE acronym.**
  - AVPU mnemonic.
  - OPQRST mnemonic.
23. **You are assessing a young male patient who is responsive to painful stimuli and not breathing after a fall while rock climbing. His pulse is weak and thready, and his skin is cool and diaphoretic. When addressing his airway and breathing, you must immediately:**
- perform the jaw-thrust maneuver and reassess his breathing.**
  - administer oxygen at 15 LPM with a nonrebreather mask.
  - open his airway using the head tilt-chin lift maneuver and begin ventilations with the bag-valve mask.
  - immobilize him on a long spine board and then start artificial ventilations.
24. **Which of the following statements shows an understanding by the speaker of the use of a pocket mask?**
- "When using a pocket mask to ventilate a patient, you must make sure that the reservoir bag is in place."
  - "A pocket mask should be used only when oxygen is connected to it."
  - "A pocket mask must be securely placed over the patient's mouth and nose."**
  - "Although a pocket mask is very effective at ventilating a patient, you are directly exposed to the patient's secretions."
25. **At the scene of a multiple-casualty incident, you are presented with a patient who is not breathing. According to the Simple Triage and Rapid Transport (START) system, which of the following actions should you take next?**
- Place a red tag on the patient.
  - Open the airway.**
  - Start assisting ventilation with a BVM.
  - Place a black tag on the patient.
26. **You are correctly performing the jaw-thrust maneuver when you:**
- maintain the patient's head in a neutral position and tilt the head slightly backward.
  - use the thumbs as a lever to lift the patient's mandible upward.**
  - open the patient's airway by slightly pushing down on the forehead and thrusting the jaw upward.
  - place one hand on the patient's forehead and lift the jaw upward with the other hand.
27. **You are responding to a call for a patient with an allergic reaction. Your partner is a new NUEC/NUOFA 3 Provider, and this is his first call. Which of the following instructions to him about assessment and treatment of an allergic reaction would be correct?**
- "Our first priority is to treat the patient's ABCDs."**
  - "Epinephrine should be given to any patient suffering an allergic reaction to prevent anaphylaxis."
  - "If the allergic reaction was caused by food, we should try to make the patient vomit."
  - "If the allergic reaction was caused by exposure to chocolate or eggs, don't let the patient use auto-inject epinephrine."
28. **The most severe form of an allergic reaction is called:**
- vascular shock.
  - rhinorrhea.
  - anaphylaxis.**
  - an antigen response.

29. **A patient who is allergic to peanuts was just exposed to peanut butter. Assessment reveals her to be alert and oriented, with swollen lips and hives on her face. She states that she is lightly short of breath; her respiratory rate is 20 per minute. She has a heart rate of 82 and a blood pressure of 118/72 mmHg. She states that she is nauseated and has a headache. Which of the following actions is your immediate treatment for this patient?**
  - a. Start positive pressure ventilation with BVM.
  - b. Place the patient in a supine position.
  - c. Insert an oropharyngeal airway.
  - d. Provide oxygen via nonrebreather mask.
  
30. **A patient informs you that any time she uses a particular soap, she experiences a mild allergic reaction. You recognize that:**
  - a. the soap contains an allergen.
  - b. her airway will swell shut if she inhales the soap.
  - c. the soap contains antibodies that react in her body.
  - d. she must have been exposed to the soap as an infant.
  
31. **During a primary assessment, which of the following findings would most lead you to suspect an allergic reaction?**
  - a. A complaint of dizziness
  - b. Hives on the face and neck
  - c. Heart rate of 55 beats per minute
  - d. Blood pressure of 100/60 mmHg
  
32. **Which of the following lists presents the order in which an NUEC/NUOFA 3 Provider should assess a patient in a field setting?**
  - a. Scene size-up, secondary assessment, primary assessment
  - b. Scene size-up, history, secondary assessment, primary assessment
  - c. Scene size-up, primary assessment, secondary assessment
  - d. Primary assessment, reassessment, secondary assessment
  
33. **You are at a college football game when a bleacher collapses. Several injured people are walking around with various injuries. Which of the following instructions is most appropriate for these ambulatory patients?**
  - a. "Leave the football stadium and go to the hospital. Others are hurt more seriously than you."
  - b. "Go outside and wait by the red fire truck in the parking lot."
  - c. "Sit down here so I can do a quick assessment on you."
  - d. "Put this yellow tag on your wrist and go outside to the red fire truck in the parking lot."
  
34. **Which of the following lists of assessment findings indicates that a trauma patient may be in compensated shock?**
  - a. Confused and anxious, pulse 144, BP 82/palp, cool skin that is mottled
  - b. Confused, pulse 44, BP 110/68, cool and cyanotic skin
  - c. Slightly confused, pulse 116, BP 90/60 mmHg, warm skin that is flushed
  - d. Anxious, pulse 104, BP 134/88 mmHg, pale and cool skin
  
35. **In the acronym SAILER, the letter S stands for:**
  - a. splint.
  - b. symptoms.
  - c. sex.
  - d. subjective.

36. A passive process whereby compounds move from an area of higher concentration to an area of lower concentration is called:
- diffusion.
  - inhalation.
  - osmosis.
  - metabolism.
37. A patient experiencing an allergic reaction tells you that it is easier to breathe following administration of epinephrine. Which of the following effects is an effect of epinephrine that would be responsible for this improvement?
- Increased blood flow to the lungs
  - Decreased blood pressure
  - Dilation of the bronchioles
  - Dilation of the upper airway
38. What do you say using the NATO Phonetic Alphabet to ensure that the letters SMD are understood?
- "Sierra Mike Delta"
  - "Saltine Mary Diamond"
  - "Saltine Mike Delta"
  - "Sierra Mary Diamond"
39. Guidelines developed at the local level by emergency personnel familiar with an area's medical needs, available resources, system capabilities, and local standard of care are:
- medical attributes.
  - advanced procedures.
  - policies.
  - protocols.
40. Which of the following goals best describes a key goal of an emergency care system?
- To have trained personnel knowledgeable in all aspects of emergency medical care
  - To identify and modify illness and injury risks
  - To have trained personnel respond and provide emergency care on the scene
  - To have trained personnel understand the limitations of their training and to "do no harm"
41. You have been dispatched for an elderly male complaining of shortness of breath. When should you start the process of forming a general impression about this patient?
- After you have taken his vital signs
  - While you and your partner are approaching him
  - After completing a primary assessment
  - As soon as you obtain his chief complaint
42. Your assessment reveals a drooling 48-year-old male to have gurgling speech and left arm paralysis. Which of the following would be your priority?
- Protect the patient's left arm.
  - Monitor the patient's blood pressure.
  - Suction the patient's airway.
  - Determine the patient's risk factors for stroke.

43. A 71-year-old woman is complaining of the sudden onset of shortness of breath. She is cyanotic and appears somewhat panicked. Her respirations are rapid and deep. Her husband tells you that she had knee surgery about one week ago. Based on your assessment and the patient's history, you suspect that the patient is suffering from:
- an anxiety attack.
  - an asthma attack.
  - a pulmonary embolus.
  - COPD.
44. You correctly identify the primary benefit of triage when you say:
- "Triage is used to prioritize patients for treatment and transportation based on their clinical signs and symptoms."
  - "Triage is a system that can be used to determine the number of patients who will most likely die."
  - "Triage is a system used to assign the order of care when an incident contains more than 10 patients."
  - "Triage is a process by which the number of patients is quickly estimated so the appropriate resources can be summoned."
45. You are alone responding to an alert and oriented male with chest discomfort who refuses treatment. He is angry with his family for calling for help and will not sign the refusal form despite several requests. In addition to documenting that the patient understands and accepts the risks of refusing care, you would:
- contact the police to place the patient into protective custody.
  - call for an ALS ambulance and have the paramedics treat the patient.
  - have a family member sign as a witness to the man's refusal.
  - carefully restrain the man and transport him to the aid room.
46. After you apply and use an AED on patient lying on his back. His pulse returns and he is breathing adequately. What position is he in?
- Left lateral recumbency
  - Prone position
  - Right lateral recumbency
  - Supine
47. Which of the following statements correctly describes cardiac output?
- It is the combination of stroke volume and heart rate.
  - It is the amount of blood pumped in each heartbeat.
  - Increased cardiac output can lead to shock.
  - Reduced stroke volume always means reduced cardiac output.
48. Which chamber of the heart is responsible for pumping blood to the lungs?
- The left ventricle
  - The right ventricle
  - The left atrium
  - The right atrium
49. The thyroid glands, adrenal glands, pituitary glands, and gonads are part of the:
- endocrine system.
  - nervous system.
  - respiratory system.
  - hormonal system.

50. Which of the following terms does *not* indicate a route of absorption in the body?
- Distribution
  - Ingestion
  - Inhalation
  - Transdermal route
51. A 36-year-old patient who has overdosed on an unknown drug, is breathing and will not open his eyes, even when his name is loudly called. Which one of the following should the NUEC/NUOFA 3 Provider do first?
- Perform a shoulder pinch.
  - Check the patient's vital signs.
  - Identify what drug the patient took.
  - Assess the patient for a radial pulse.
52. Agitation, elevated heart rate, and elevated blood pressure are signs of intoxication with which of the following types of substances?
- Cocaine and hallucinogens
  - Antipsychotics and carbon monoxide
  - Inhalants and sleeping pills
  - Alcohol and ethylene glycol
53. In the mnemonic AEIOU-TIPS, the A stands for:
- acidosis and anemia.
  - alcohol and acidosis.
  - abscess and acidosis.
  - ADHD and alcohol.
54. Which of the following statements concerning allergies is true?
- An allergic reaction to a substance can occur minutes, or hours, after exposure to the substance.
  - Once hypersensitized to a substance, a given individual will experience allergic reactions to that substance randomly, not consistently.
  - Anaphylaxis is the mildest type of allergic reaction.
  - Allergies affect young healthy individuals only.
55. Which of the following statements best suggests that the speaker may be having a mild allergic reaction?
- "I feel dizzy and weak."
  - "My heart feels as though it is skipping some beats."
  - "I have a rash on my face and neck."
  - "I have had a fever and chills for the past two days."
56. Which one of the following statements about the Incident Command System is true?
- Common terminology is used for all communications.
  - Each EMS agency can use its own codes and terms.
  - There is a separate commander for EMS, fire, and law enforcement personnel.
  - Each individual responder is accountable to two supervisors.



57. **You have arrived in the lodge with your airway and trauma pack to care for a patient who reportedly had a seizure. Assessment reveals him to be apneic with vomitus in the airway. He has a radial pulse, and his skin is cool and diaphoretic. Which one of the following should you do immediately?**
- If available in your trauma pack, use a suction device to clear the airway; otherwise, turn him on his side and clean out the vomitus.
  - Start artificial ventilations.
  - Apply a nonrebreather mask.
  - Check the patient's breath sounds.
58. **Medical responders need to be proficient in which two types of medical communication?**
- Written documentation and oral communication
  - Written documentation and radio transmissions
  - Verbal communication and medical terminology
  - Medical terminology and radio transmissions
59. **Which of the following conditions is the most probable cause of cardiogenic shock?**
- Severe vomiting and diarrhea
  - Systemic infection
  - Myocardial infarction
  - Gastrointestinal bleeding
60. **You are caring for an unconscious patient who has vomited and appears to have a blocked airway. Using the crossed finger technique you open the patient's mouth and can see a large piece of undigested food near the back of the throat. You would:**
- encourage the patient to cough.
  - perform a finger sweep.
  - administer abdominal thrusts.
  - insert an airway.
61. **As a whole, the least toxic of all accidental ingestion-related poisonings involve:**
- aspirin.
  - alcoholic beverages.
  - acetaminophen.
  - toxic plants.
62. **A young boy tells you that his twin brother suffers from seizures and asks what he can do if he sees his brother convulsing. You should give him which one of the following instructions?**
- "Call EMS only if the seizure lasts more than 10 minutes or he loses control of his bladder."
  - "Move any moveable objects and furniture away from him."
  - "Insert a spoon into his mouth to keep him from swallowing his tongue."
  - "Hold him firmly against the floor until he stops seizing or until the EMTs arrive."
63. **Which of the following ventilation methods is recommended because it provides the most effective ventilations?**
- Use of a BVM with reservoir attached, receiving O<sub>2</sub> at 15 LPM, by one NUEC/NUOFA 3 Provider
  - Use of a bag-valve mask (BVM) with reservoir attached, receiving air, by two NUEC/NUOFA 3 Providers
  - Use of a BVM with reservoir attached, receiving O<sub>2</sub> at 15 LPM, by two rescuers
  - Use of a BVM with O<sub>2</sub> reservoir attached, by one rescuer

64. A 44-year-old patient was found at home unresponsive. Based on his clinical presentation and the fact that he was burning a kerosene heater in an enclosed room, you suspect that he is suffering from carbon monoxide poisoning. Based on this information, which route of exposure would you recognize as responsible for the poisoning?
- Absorption
  - Ingestion
  - Inhalation
  - Transdermal route
65. The mnemonic DUMBELS and the acronym SLUDGE can help identify specific signs and symptoms associated with:
- exposure to nerve agents.
  - ingestion of LSD.
  - overdoses of antipsychotic drugs.
  - ingestion of ethylene glycol.
66. In the broadest sense, anything that has mass and occupies space is known as a:
- toxin.
  - cell.
  - poison.
  - substance.
67. The cardiovascular system is composed of the:
- blood vessels, plasma, and the lungs.
  - heart, lungs, and blood.
  - heart, blood vessels, and blood.
  - heart, aorta, and venae cavae.
68. You have been asked to teach a new patroller how to put a patient in the recovery position. Which of the following statements about the recovery position would be correct?
- "Turn the patient on his side and flex his upper leg so that it anchors him on his side."
  - "After turning the patient on his side, rest the patient's head on your aid pack."
  - "Elevate the patient's lower body so that his oral secretions will drain out easily."
  - "Roll the patient onto his side and then hold him there until help arrives."
69. Which of the following findings is an objective finding made during a patient assessment?
- Patient's rating of pain as 10 out of 10
  - Patient's complaint of nausea
  - Patient's complaint of headache for the past 12 hours
  - Blood pressure of 114/68 mmHg
70. Which of the following is *not* an attribute of an emergency care system?
- Human resources
  - Public access
  - Research
  - Equipment
71. Which of the following is the umbrella under which every facet of health care is sheltered?
- Research
  - Community wellness programs
  - Public health
  - The emergency care system

72. **How should an NUEC/NUOFA 3 Provider best determine the adequacy of a patient's breathing during a primary assessment?**
- Look for the rise and fall of the patient's chest.
  - Determine the patient's mental status.
  - Compare the patient's respiration and pulse rates.
  - Assess the patient's ability to speak.
73. **A multiple-casualty incident (MCI) is defined as:**
- any event that places an excessive demand on rescue personnel and equipment.
  - any event in which five or more people are injured and require transport to different hospitals.
  - any event that requires the medical director to leave the hospital and direct activities on scene.
  - any event in which the number of patients requiring care is greater than 10.
74. **When assessing a patient with a possible stroke, the priority of care is:**
- recognizing the signs of a stroke.
  - determining the type of stroke.
  - determining if there is a family history of stroke.
  - identifying risk factors for stroke.
75. **What time is 6:43 a.m. in military time?**
- 1243
  - 1843
  - 0643
  - 2343
76. **To ensure an oxygen flow rate of 15 LPM to a patient using a nonrebreather mask, you should:**
- hear a hissing sound when you turn on the oxygen.
  - select 15 on the oxygen flow-control gauge.
  - "crack" the oxygen tank after attaching the regulator.
  - slowly release oxygen from the tank until the pressure is 15 psi.
77. **For children, the three deadliest poisons are:**
- aspirin, acetaminophen, and iron.
  - carbon monoxide, toxic plants, and aspirin.
  - adult prescriptions, alcohol, and daily vitamins.
  - household cleaners, aspirin, and adult prescriptions.
78. **You arrive at the scene where a patient has a possible fracture of the left hip. You note that she is lying on her back and her left leg is turned inward. You would document this position as:**
- supine with medial rotation of the left lower extremity.
  - supine with lateral rotation of the left lower extremity.
  - lateral recumbent with dorsal rotation of the left leg.
  - supine with left rotation of the right leg.
79. **A patient states that he has had a headache located in his forehead for three days. Utilizing the SOAP format you would document this piece of information as a(n):**
- subjective finding.
  - objective finding.
  - provoking factor.
  - pertinent negative.

80. Which of the following lists best represents the correct sequence for the passage of air into the lungs once it passes the pharynx?
- Bronchi, larynx, trachea, cricoid
  - Epiglottis, esophagus, trachea, alveoli
  - Trachea, cricoid, bronchi, alveoli
  - Larynx, trachea, bronchi, alveoli
81. Which of the following statements indicates that the speaker understands the danger posed by status epilepticus?
- "The longer the seizure continues, the greater the likelihood of permanent brain damage."
  - "Patients who do not have a history of seizures are at greater risk for status epilepticus."
  - "Status epilepticus is an extremely dangerous condition because the patient can go into shock from blood loss."
  - "Status epilepticus indicates that the patient's medications have reached toxic levels in the body."
82. For which of the following patients must you provide care even if the patient refuses it?
- A 29-year-old female who fell and cannot tell you what day it is
  - An alert and oriented 57 year old who is having chest pain and is diaphoretic
  - A 23-year-old female with an obvious injury who lives with her parents and her one-year-old daughter
  - A six year old with a bleeding head laceration, whose parent will not allow care
83. Your patient is unresponsive and there is no evidence of trauma. Which piece of information given to you by the patient's family is most important in relation to the treatment of a possible stroke?
- "We noticed him acting oddly about 7 p.m. last night."
  - "He took some ibuprofen last night for a fever and cough."
  - "We think he had too much to drink last night."
  - "He forgot to take his blood thinner last night."
84. While in charge of triage at a scene involving 30 patients exposed to carbon monoxide, you find a young female who is not breathing. After you open her airway and find that breathing does not return, you should:
- place a black tag on her and move on to the next patient.
  - provide her 15 seconds of CPR and recheck for a radial pulse.
  - provide her 15 seconds of assisted ventilation.
  - apply oxygen and check her mental status.
85. You are transporting a patient at a multiple-casualty incident. The patient has a yellow triage tag. You understand this tag to mean:
- treatment of the patient could be delayed for up to 4 hours.
  - the patient should be with the "walking wounded."
  - the patient has a head injury.
  - the patient has minor injuries.
86. Of the five functional areas within the ICS structure, the first to be established should be:
- the planning section.
  - the logistics section.
  - the operations section.
  - incident command.

87. **A network of specially trained personnel, equipment, facilities, and other resources that respond to medical emergencies—regardless of cause, location, or the patient's ability to pay—best describes:**
- a community wellness program.
  - a health care system.
  - an emergency care system.**
  - a public health system.
88. **What letter in a SAMPLE interview indicates that a patient has a history of seizures?**
- M
  - P**
  - S
  - A
89. **Shock is defined as:**
- a state of inadequate tissue perfusion.**
  - decreased amount of circulating blood for any reason.
  - inadequate blood pressure and pulse.
  - multiple organ failure.
90. **Which of the following statements concerning allergies is true?**
- Allergies affect young healthy individuals only.
  - An allergic reaction to a substance can occur minutes, or hours, after exposure to the substance.**
  - Once hypersensitized to a substance, a given individual will experience allergic reactions to that substance randomly, not consistently.
  - Anaphylaxis is the mildest type of allergic reaction.
91. **A patient experiencing thoracic spine pain has pain in his:**
- lower back.
  - upper back.**
  - tailbone.
  - neck.
92. **When the diaphragm and intercostal muscles relax, which of the following events occurs?**
- Inhalation
  - Exhalation**
  - Release
  - Inspiration
93. **An acquired, abnormal immune response to a substance that does not normally cause a reaction is known as:**
- angioedema.
  - an antigen.
  - an allergen.
  - an allergy.**
94. **The fluid that carries blood cells and nutrients is:**
- plasma.**
  - platelet fluid.
  - hemoglobin.
  - lymph.

95. You have arrived by the side of a patient who is allergic to latex and was exposed to it when she spilled a latex-containing powder on her right hand. Assessment reveals her to be panicked. She is able to speak only a few words with each breath. Her tongue is swollen and her respirations are rapid, labored, and noisy. Which of the following actions should be your priority?
- Get a SAMPLE history.
  - Obtain a heart rate and blood pressure.
  - Wash the latex powder off of the hand.
  - Insert an oropharyngeal airway.
96. What letter of the OPQRST mnemonic reflects a medical emergency patient's report that difficulty in breathing is worst while attempting to walk?
- R
  - P
  - Q
  - O
97. Most emergency care systems deploy personnel to emergencies using a stratified approach based on the patient's condition or anticipated needs. Which of the following lists presents the normal order of deployment of responders?
- AEMT, Paramedic, EMT, EMR
  - EMR, EMT, AEMT, Paramedic
  - EMR, AEMT, Paramedic, EMT
  - EMT, AEMT, EMR, Paramedic
98. The structure containing the vocal cords is the:
- pharynx.
  - trachea.
  - sternum.
  - larynx.
99. You are called to aid a 65-year-old man who is having difficulty breathing. When you arrive, you find that he is sitting upright in a chair and is in obvious respiratory distress. His airway is open and his respirations are 28 per minute. At this time you would:
- assess his breath sounds.
  - assist him to a supine position.
  - try to obtain a medical history from him.
  - provide him oxygen with a nonrebreather mask at 15 liters per minute.
100. When performing a primary assessment, the first evidence that the body may be in shock is:
- a slowed respiratory rate.
  - hypertension.
  - a radial pulse of over 100 beats per minute.
  - skin that is warm and diaphoretic.

1. **You are called to assist a toddler who has just had a seizure that lasted about 60 seconds. His mom reports that the child has a history of seizures. Your assessment reveals that he is now responding to painful stimuli, is breathing normally, and has a normal radial pulse. Which of the following actions would you take?**
  - a. Gently try to arouse him and make him more alert.
  - b. Insert an oral airway.
  - c. Apply oxygen via nonrebreather at 15 LPM.
  - d. **Place him in a recovery position and continue to assess him.**
  
2. **You are working at a mountain resort and are presented with a 50-year-old woman who states that she does not feel well. From your assessment, which of the following findings would seemingly indicate that the patient is being adversely affected by the high altitude?**
  - a. A heart rate of 62 beats per minute
  - b. **A complaint of dyspnea on exertion**
  - c. Vomiting after eating large meals
  - d. An elevated blood glucose level with no history of diabetes
  
3. **What is the function of subcutaneous fat?**
  - a. It produces glucose needed for energy.
  - b. It always projects underlying organs from trauma.
  - c. **It insulates the body and stores energy.**
  - d. It has no real function and is unhealthy and detrimental to survival.
  
4. **Your family is planning a ski trip to a resort that is at about 10,000 feet of elevation. You suggest that you spend the first two nights of the trip at a hotel where the elevation is about 6,500 feet. When your children protest that they are in good shape and want to go immediately to the resort, you explain that you are concerned about altitude sickness and that:**
  - a. "I'll see if I can get some medication so that we don't need to stop over at the lower elevation."
  - b. "just because you children are fit and don't need the gradual change doesn't mean your mom and I don't need it."
  - c. "your mom and I will exercise more before the trip so that maybe we can reduce the delay to one night."
  - d. **"physical fitness does not necessarily prevent altitude sickness."**
  
5. **Blunt trauma to the upper right abdominal quadrant can injure the:**
  - a. **liver.**
  - b. spleen.
  - c. small intestines.
  - d. pancreas.
  
6. **You suspect that an unhelmeted climber who struck his head during a fall may have a basilar skull fracture. As you conduct your assessment, which of the following findings reinforces this suspicion?**
  - a. **Clear fluid coming from the right ear and left nostril**
  - b. Dilation and sluggish response to light of the right pupil
  - c. Paralysis of the left arm and left leg
  - d. Blood coming from both ears
  
7. **You are assessing a patient who received multiple injuries in a fight. Which of the following injuries would present the greatest danger for infection?**
  - a. A closed crushing injury to the thigh
  - b. A hematoma in the left foot
  - c. A contusion to the chin
  - d. **An abrasion on the right side of the face**

8. A patient has sustained an injury to his mediastinum. Based on the anatomy of his chest, which of the following structures may have been injured?
- The esophagus
  - The lungs
  - The diaphragm
  - A bronchus
9. When mechanically restraining a patient, you should:
- tell the patient you will release the restraints as soon as he calms down.
  - speak as harshly as necessary to get the patient to cooperate.
  - have six people available to safely apply the restraints.
  - designate two leaders: one to control the patient's upper extremities and one to control the patient's lower extremities.
10. You treated a 19 year old with a puncture wound to the chest by covering the wound with an impermeable dressing. Now, as you perform your ongoing assessment, you note that the patient is tachypneic and is complaining of difficulty breathing. Breath sounds on the side of the injury are also diminished. Which of the following actions should you take immediately?
- Load the patient quickly and transport him to a higher level of care.
  - Lift a corner of the dressing from the wound for a few seconds; then reapply and check his breath sounds.
  - Add another layer to the dressing.
  - Assist his breathing with a bag-valve mask.
11. A young boy complains of pain in his fingers after spending several hours outside riding a sled in cold temperatures. After ensuring that he has no life-threatening conditions, you turn your attention to his hands and note that his fingers are cold to the touch. Which of the following signs or symptoms would help confirm your suspicion that he is suffering from early or superficial frostbite?
- Swelling of and blisters on the fingers
  - Firm but numb cold skin on the fingers
  - A history of being exposed to cold temperatures
  - Soft but numb skin on the fingers
12. Some plants can have very toxic effects on the body but can act medicinally when given in measured doses. Which of the following is *not* an example of such plants?
- Monkshood
  - Belladonna
  - Castor oil
  - Foxglove
13. A specific toxin or poisonous secretion of an animal that is usually transmitted by a bite or sting is known as:
- nettle.
  - antigen.
  - venom.
  - bullae.
14. You and your partner are preparing to backboard a patient using a vest type short spine immobilization device. After ensuring that inline manual spinal stabilization is being maintained, your next instruction should be:
- "Let's turn the patient away from the tree before applying the vest."
  - "Let's check motor, sensory, and pulses in the arms and legs."
  - "Let's get the cervical collar applied before we place the vest."
  - "Let's place the vest on the backboard and carefully move him onto it."



15. **Because many elderly patients will not offer their medical history unless specifically asked to do so, NUEC/NUOFA 3 Providers may have to:**
- look for past surgical scars during a secondary assessment.
  - ask open-ended questions.**
  - ask yes-or-no questions.
  - search a patient's medicine cabinet and kitchen cabinets for prescription bottles.
16. **The son of an 88-year-old patient states that he told his mother to increase the amount of an antibiotic she was taking so she would "feel better faster." This represents a problem because the elderly have:**
- an increased risk for stroke.
  - decreased liver and kidney function.**
  - an increased risk for cancer.
  - decreased respiratory function.
17. **You respond to the vehicle maintenance department, where a middle-aged man is flushing his eyes with tap water. He tells you that acid splashed in his eyes and that they are burning. Which of the following questions is the most important one to ask right away?**
- "Do you take any medications?"
  - "Are you wearing contact lenses?"**
  - "Have you ever had a previous eye injury?"
  - "What is your past medical history?"
18. **The most effective method for treating a contusion is to apply a(n):**
- bandage.
  - pressure dressing.
  - tourniquet.
  - ice pack.**
19. **A 9-month-old boy has been stung on his tongue after sucking on a bottle that had a bee on the nipple. In comparison to the same injury in an adult, why would an NUEC/NUOFA 3 Provider be more concerned over this child?**
- A child's tongue is proportionally larger, increasing the chances of airway occlusion from even minor swelling.**
  - Children tend to be highly allergic to bee stings, whereas the same allergy in adults is rare.
  - A child's airway has more blood vessels than an adult's, making bleeding more of a concern.
  - When injured, a child's mouth produces more saliva, making choking a major concern.
20. **A young girl is complaining of eye pain after having bleach thrown in her face. When assessing her eyes, you note redness and significant tearing in the right eye. You would treat this girl by:**
- gently wiping the inner eye with pieces of sterile gauze.
  - covering both eyes immediately.
  - stopping the tearing by applying gentle pressure to the eye.
  - flushing the eye with sterile water.**
21. **Which of the following statements concerning insulin pumps is false?**
- They supply insulin via a catheter.
  - They have an external on/off button.
  - They are implanted in the patient's chest.**
  - They are commonly found on a patient's belt.

22. **You and your friends are camping on a 20-degree day. Which of the following assessment findings best illustrates that your bodies are no longer compensating for the effects of the cold?**
- Loss of fine motor coordination
  - Cool and clammy skin
  - Shivering
  - Hypertension
23. **The three bones that convert sound waves into signals that are then carried to the brain are known as the:**
- auditory canals.
  - auditory foramina.
  - auditory ossicles.
  - tympenic membranes.
24. **To identify all the drugs, prescriptions, herbal supplements, and over-the-counter drugs that a patient may be taking in combination, NUEC/NUOFA 3 Providers should use:**
- AEIOU.
  - SAMPLE.
  - DCAP-BTLS.
  - OPQRST.
25. **A 15-year-old girl struck in the mouth with a baseball bat has lost her front teeth and is spitting a significant amount of blood. Your primary concern in treating this patient is:**
- observing her for possible airway compromise.
  - saving her teeth so they can be reimplanted.
  - checking her for a jaw fracture.
  - watching her for seizure activity.
26. **You are securing a patient to a long backboard. Which of the following lists indicates the appropriate order for securing the straps?**
- Legs, head, torso, pelvis
  - Head, legs, torso, pelvis
  - Torso, pelvis, legs, head
  - Head, torso, pelvis, legs
27. **You and your partner are caring for a patient who tells you that she wears contact lenses. Your partner wants to remove the lenses. You remind him that the removal of contact lenses is indicated in all of the following situations except:**
- significant altered level of responsiveness.
  - eye trauma.
  - eye edema.
  - any facial trauma.
28. **Which of the following signs and symptoms is *not* a characteristic of a bee, wasp, or hornet sting?**
- Swelling
  - Pain
  - Joint aching
  - Nausea and vomiting

29. Which of the following statements indicates that an NUEC/NUOFA 3 Provider correctly understands the goal of assessing a patient who has abdominal pain?
- "If the patient has tenderness upon palpation of the abdomen, NUEC/NUOFA 3 Providers should assume that bleeding is the cause."
  - "To best treat the patient, NUEC/NUOFA 3 Providers must identify the exact cause of the patient's pain."
  - "It is important to determine if the liver is the cause of pain, because that is the most life-threatening condition."
  - "It is more important to recognize a possible abdominal emergency than it is to identify the exact cause."
30. The diaphragm separates the:
- lungs from the heart.
  - heart and lungs from the spine.
  - right lung from the left lung.
  - thoracic cavity from the abdominal cavity.
31. You are treating a 26-year-old man who fell about 20 feet while rock climbing. He is complaining of right sided chest discomfort and dyspnea. You note that his respiratory rate is 28 and shallow. Based on this assessment, the best emergency care would be:
- placing the patient in a position of comfort to help breathing, performing an L.A.P. exam of the thorax, and administering high-flow oxygen.
  - achieving spinal immobilization, splinting the affected area of the chest, and administering high-flow oxygen.
  - achieving spinal immobilization, administering high-flow oxygen, and then performing "load and go."
  - performing a rapid body survey and assisting ventilations with BVM and high-flow oxygen.
32. When cooling a patient with a possible heat stroke, which of the following findings would be of most concern to a rescuer?
- Observing your partner giving the patient two aspirin to bring down his temperature
  - Observing your partner applying an ice pack to the patient's neck
  - An increase in blood pressure to 100/80
  - A decrease in heart rate from 140 beats per minute to 120 beats per minute
33. You are with a group of hikers on the third day of an 11,000-foot mountain ascent. One of the hikers has not been feeling well for a couple of days. Today, members of the group notice that he is having difficulty getting dressed and speaking. From your training in outdoor emergency care, you recognize that these signs and symptoms are most often associated with:
- acute mountain sickness.
  - frostbite.
  - HACE.
  - peripheral neuropathy.
34. A group of ski patrollers have invited you to join their team on a bike ride to raise money for multiple sclerosis (MS) research. You recall learning about MS in your NUEC/NUOFA 3 class, but you ask your friend to remind you of some of the key features of this condition. Which of the following statements made by your friend would be most accurate?
- "Speech and mood are generally not affected by MS."
  - "MS does not affect mental capacity and memory."
  - "The progression of MS is a continuous gradual loss of sensory and motor function."
  - "MS is a progressive disease that causes degeneration of both central and peripheral nerves."

35. **Assessment of the cervical spine of a patient complaining of lower back pain after falling 20 feet reveals no displacement, tenderness, or instability. Accordingly, you should:**
  - a. inform the team that immobilization is not needed.
  - b. apply a properly sized cervical collar.**
  - c. release manual in-line spinal stabilization.
  - d. immobilize the patient to a backboard without a cervical collar.
  
36. **Given that 50 percent of patients with HAPE also have symptoms of AMS, it is important that you ask patients if they have had which of the following groups of signs/symptoms?**
  - a. Difficulty sleeping, vomiting, ataxia
  - b. Headache, blurred vision, peripheral edema
  - c. Fatigue, nausea, difficulty sleeping**
  - d. Harsh cough, itchy skin, nausea
  
37. **Which of the following instructions is most appropriate when moving a patient who has severe generalized hypothermia?**
  - a. "Let's secure her with her arms and legs extended because this position promotes the retention of body heat."
  - b. "I want everyone to take extra care in moving her very gently to the stretcher; we do not want her to go into cardiac arrest."**
  - c. "Let's place her on her side on the stretcher because her body temperature contraindicates placement of a nasal airway."
  - d. "Be careful when moving her to the stretcher; the cold makes her very prone to bone fractures."
  
38. **While performing a primary assessment on a patient who has an isolated spinal cord injury, you note that he is in severe respiratory distress and struggling to breathe. Where should you suspect that the spinal cord injury has occurred?**
  - a. The diaphragm
  - b. The cervical spine**
  - c. The lumbar spine
  - d. The thoracic spine
  
39. **With which of the following assessment findings for a patient complaining of abdominal and back pain would an NUEC/NUOFA 3 Provider be most concerned?**
  - a. A history of gallbladder disease
  - b. Patient has recently had diarrhea.
  - c. A pulsating mass above the umbilicus**
  - d. A surgical scar in the right upper abdominal quadrant
  
40. **A group of three golfers have been struck by lightning on a golf course. Two of the golfers are responding; the third is in cardiac arrest. You are the lone witness. When deciding which patient to treat first, you should remember that:**
  - a. you must somehow provide head stabilization for all three victims.
  - b. you can't do everything by yourself; run and get help.
  - c. to save the most people, the patient in cardiac arrest should be treated last.
  - d. in a lightning strike, patients who are apparently dead should be treated first.**
  
41. **You are reviewing psychosocial development of a preschooler in your NUEC/NUOFA 3 class. You recognize that "preschooler" includes children who are:**
  - a. over 9 years of age.
  - b. 3–5 years old.**
  - c. 6–8 years old.
  - d. 2–3 years old.

42. **You and your friends have been examining cactus plants when your friend gets stuck by one of the plant's spines. You recognize that a cactus spine can:**
- cause an immediate anaphylactic reaction in some individuals.
  - just be uncomfortable but will not cause a reaction.
  - inject a toxin that causes a systemic reaction.
  - get stuck in the skin and cause a local reaction.**
43. **You are assessing a conscious but confused hiker who became lost in the woods on a cold day. Your assessment shows that he has an open airway, adequate breathing, and a weak radial pulse. His skin is cold to the touch and he is shivering. NUEC/NUOFA 3 Providers should recognize that the:**
- shivering actually represents a small seizure, which indicates that the brain is cold.
  - cold caused the patient's brain to become dysfunctional, as evidenced by the shivering.
  - shivering indicates that the patient's core body temperature has fallen below 90°F.
  - shivering is a protective means by which the body is attempting to warm itself.**
44. **Which of the following behaviors would an NUEC/NUOFA 3 Provider recognize as *uncharacteristic* of a conscious and stable 2-year-old boy who fell and hurt his hand?**
- He does not cry or protest when you take him from his mother to assess him.**
  - He does not tell you where the pain is when you ask.
  - He becomes upset when you lift his shirt to assess his abdomen.
  - He cries any time you touch him.
45. **The structures within the abdomen are:**
- protected by ribs.
  - poorly protected.**
  - protected by the pelvis.
  - protected by strong abdominal muscles.
46. **You have applied a pressure dressing to the calf of a woman who suffered a deep laceration from a piece of broken glass. Which of the following actions should you take next?**
- Check CMS in the patient's foot.**
  - Apply a splint.
  - Apply a tourniquet above the laceration.
  - Obtain a follow-up blood pressure reading.
47. **Which of the following findings is *not* a sign of severe hypothermia?**
- A core temperature below 82°F
  - Diminished pupillary eye reflexes
  - A palpable radial pulse**
  - Coma
48. **You are following the L.A.P. method to examine the chest of a 38-year-old trauma patient. To assess for thoracic cage instability, you would apply moderate downward pressure on the sternum while asking the patient to take a deep breath, and then you would:**
- "walk" the patient's clavicles with your fingertips while the patient exhales.
  - have the patient exhale slowly while you listen to the breath sounds.
  - apply moderate inward pressure on the lateral walls of the rib cage and ask the patient to take a deep breath.**
  - palpate the upper thorax for subcutaneous emphysema.

49. Which of the following processes is the body's most important cooling mechanism?
- Evaporation
  - Radiation
  - Conduction
  - Respiration
50. A person is in a hot environment, and his body is trying to compensate. He is beginning to exhibit signs of heat exhaustion. Which of the following signs/symptoms would you expect to see?
- Cool and clammy skin, bradycardia, slow respirations
  - Hot dry skin, elevated heart rate, elevated body temperature
  - Warm and very sweaty skin, elevated body temperature, headache
  - Diaphoretic skin, decreased heart rate, hunger
51. When assessing a 3-year-old child for possible injuries after the mother's boyfriend said the child fell down a flight of stairs, which of the following findings would raise your suspicion that the child may be a victim of physical abuse?
- The child cries when you palpate his arm.
  - The child has a broken clavicle.
  - Circumferential bruising on is apparent on the child's arm.
  - Several bruises are located on the child's knees and shins.
52. Which of the following instructions from one NUEC/NUOFA 3 Provider to another describes the appropriate application of a cervical spine immobilization collar?
- "I need you to extend the patient's chin backward a little so I can fit the collar under his chin."
  - "Carefully flex his head forward a little so I can pass the collar underneath his neck."
  - "Let's log roll the patient to one side so I can apply a cervical collar."
  - "Keep his head in neutral position while I apply a cervical collar."
53. You are at a football practice on a very hot summer day. A young player is panting and lying under a tree. His skin is flushed, and his teammates are continually wiping the sweat off his face, arms, and chest with towels and offering him fluids to drink. Which of the following statements is most appropriate for this situation?
- "Don't give him fluids. It will only make him sweat more."
  - "Keep wiping. You are helping him retain water that his body needs."
  - "Let's put his shirt back on to keep him from sweating."
  - "It's OK for him to sweat. It is helping his body cool down."
54. The most common injury to the pancreas results from:
- impact trauma to the left side of the body.
  - bicycle accidents in which the abdomen strikes the handlebar.
  - impact trauma to the right side of the body.
  - rotation trauma to the upper chest.
55. You have been called to care for a 21-month-old girl who has been bitten by a dog. Given the patient's age, you would appropriately classify the patient as:
- a toddler.
  - a school-age child.
  - a preschooler.
  - an infant.

56. A patient complains of severe and sharp pain in the right lower abdominal quadrant. Based on this location, what organ or structure is most likely involved?
- liver.
  - appendix.
  - kidney.
  - spleen.
57. Which of the following statements about pressure dressings and bandages is true?
- Bandages should be applied in a distal-to-proximal manner.
  - Dressings are placed over bandages.
  - All pressure dressings must be airtight to prevent contamination.
  - Gauze should be placed in an open wound before a pressure dressing is applied.
58. You are caring for a 15-year-old male with a laceration of the left ear. Which of the following actions would you *not* take in dressing this injury?
- Placing a bulky dressing between the ear and the scalp
  - Securing the dressing with gauze that is wrapped securely around the head
  - Wrapping gauze loosely around the head and under the opposite axilla
  - Using direct pressure to control the bleeding
59. You are listening to two patrollers discuss the accident to which they just responded. Which of the following injuries would lead you to believe that one of the patients had suffered from traumatic asphyxia?
- Abdominal bruising and distention
  - A chest wound that makes a sucking sound
  - A bilateral femur deformity
  - Bluish discoloration of the neck and face
60. Which of the following actions should you take to decrease a patient's heat loss due to radiation?
- Wipe the patient's skin down with warm water.
  - Apply warm packs to the patient's body.
  - Turn off all fans in the room.
  - Put a hat on the patient's head.
61. You are working at the summit of a 9,000-foot mountain. A 60-year-old woman is brought to you complaining of headache, fatigue, and shortness of breath. You prepare to do your assessment and recognize that your goal is to:
- determine whether this is an emergent condition so that you can initiate life-saving treatment.
  - find out if she has an inhaler she can use to relieve her shortness of breath.
  - get the patient lying down to relieve her presenting symptoms.
  - give her some ibuprofen to ease her headache.
62. The part of the eye that focuses light on the retina is called the:
- sclera.
  - lens.
  - iris.
  - vitreous humor.
63. A patient has a laceration on his arm from a table saw. Assessment reveals dark red blood flowing steadily from the wound. You would recognize this type of bleeding as:
- arterial bleeding.
  - lymphatic bleeding.
  - capillary bleeding.
  - venous bleeding.

64. **Most reptile-related injuries are caused by:**
- alligators.
  - snakes.
  - crocodiles.
  - sharks.
65. **You have initiated the rewarming of a local cold injury in a patient's hand and fingers. On scene the patient had no sensation in his hand or fingers. Which of the following statements is a cause of concern when made by the patient?**
- "I still can't feel my fingers when I rub them with my other hand."
  - "The blisters on my fingers haven't broken yet."
  - "My hand is feeling funny. It seems to be starting to tingle a little bit."
  - "My fingers are really starting to hurt now!"
66. **Which of the following strategies is best for NUEC/NUOFA 3 Providers for communicating with a geriatric patient who has diminished eyesight?**
- Obtain needed information from family members.
  - Stand in front of the patient and talk calmly.
  - Increase both the pitch and the volume of your voice.
  - Write your questions in large print on paper.
67. **Labored breathing at rest and audible chest congestion herald the development of a serious, potentially life-threatening stage of what altitude-related condition?**
- Khumbu cough
  - HAPE
  - Peripheral edema
  - Acute mountain sickness
68. **The lower jaw, the only "movable" bone of the face, is hinged on both sides of the skull by the:**
- maxilla.
  - temporomandibular joints.
  - frontal bones.
  - foramen.
69. **At an in-service, your medical director asks if anyone can tell her the cause of heat cramps. Which of the following responses would be most appropriate?**
- They occur when a patient's blood vessels constrict and decrease blood flow to the affected muscles.
  - They are caused when a patient's electrolytes have been lost and he becomes dehydrated.
  - They are thought to occur when a patient uses his muscles too much.
  - They occur when a patient's body can no longer compensate and off-load excess heat.
70. **Based on the anatomy of the spine, which one of the following injuries is possible?**
- A compression fracture of lumbar vertebra 12
  - A disk injury between thoracic vertebrae 11 and 12
  - A fracture of the ninth cervical vertebra
  - A dislocation of lumbar vertebra 7



71. A young boy was out riding his bike in the neighborhood when he fell onto a stick protruding from the ground. The stick impaled him in the neck. The boy immediately pulled the stick out. Assessment reveals a gaping wound to the boy's right neck. Which of the following types of dressing would you use on this injury?
- Sterile gauze carefully placed inside the open wound to control bleeding
  - A sterile dressing placed over the wound and bandaged with roller gauze around the neck
  - A moist sterile dressing that is taped to the neck
  - An occlusive dressing that is taped on all sides
72. A 39-year-old man has been stabbed once in the anterior chest. When notifying the patrol aid room by radio, you inform them that the patient has suffered what possible type of injury?
- Flail chest
  - Evisceration
  - A lacerated heart
  - An open chest injury
73. The sternocleidomastoid muscle is responsible for:
- securing the clavicle to the shoulder.
  - protecting the larynx from injury.
  - anatomically dividing the neck into right and left sides.
  - side-to-side movements of the head.
74. A patient at a mountain ski resort has notable shortness of breath. She denies any past medical history and takes no medications. After applying oxygen, you realize that the key to helping this patient improve is to:
- descend to a lower altitude.
  - place her in a supine position with her legs elevated.
  - position her in a left lateral recumbent position.
  - administer a respiratory medication by a metered-dose inhaler.
75. You are night skiing when you are notified that a child has been involved in a collision on the intermediate trail. As you approach the scene you are thinking about your assessment and realize that the cold and low light may make assessing the child's circulation difficult. In this situation, other options for assessing circulation include assessing all of the following except:
- the sclera of the eyes.
  - fingertip capillary refill.
  - the palms of the hands.
  - the patient's lips.
76. Which of the following assessment findings best indicates that a patient's injury should be classified as an abrasion?
- Intact skin with ecchymosis noted; patient describes minor pain
  - Jagged breaks in the skin; bleeding moderate but controllable
  - Red scrapes involving the outermost layer of skin only
  - Intact skin with a large accumulation of dark blood underneath

77. You are at a park with your family when you hear a call for help. There is a teenager who is "sick." On scene you find a 16-year-old boy who is mildly confused. Friends state that they have been playing basketball for most of the morning and afternoon. The temperature is in the 90s and the humidity is high. The boy's airway is patent and his breathing rate is elevated but adequate. His pulse is weak and rapid. Observation of his skin reveals it to be pale, cool, and moist. Which of the following would you do *first* for this patient?
- Administer salt tablets by mouth every 15 minutes.
  - Get some newspaper and fan him vigorously.
  - Lay him down in a side-lying position.
  - Lay him in the shade in a supine position, and elevate his feet.
78. You recognize that heat cramps are the probable cause of a patient's problem when the patient makes which of the following statements?
- "I have pain in my belly and legs."
  - "My neck feels as though it is in spasm."
  - "I cannot remember what day it is."
  - "I am having a hard time moving my fingers."
79. To prepare a patient with a pelvic fracture for transportation, NUEC/NUOFA 3 Providers should:
- place the patient in a supine position on a backboard.
  - apply a pelvic binder.
  - place the patient in a seated position in a toboggan.
  - place the patient on a scoop stretcher in the right recumbent position.
80. You have been called to care for an unattended 6-year-old girl who has vomited once and is complaining of mild abdominal pain. When you are performing the physical assessment and obtaining a SAMPLE history, which of the following approaches would be considered most appropriate?
- Asking her questions that can be answered with a "yes" or "no"
  - Using "baby talk" when asking her questions about her pain
  - Allowing her to play with your stethoscope before listening to her lungs
  - Standing above her and smiling while you ask questions
81. A patient with blunt chest trauma has paradoxical chest movement. She is conscious and confused and is breathing rapidly and shallowly. After manually stabilizing the flail section of the chest wall, you should:
- administer oxygen through a nonrebreather facemask.
  - insert an oropharyngeal airway.
  - apply a flutter valve dressing.
  - apply an ice pack to the flail section to decrease bruising.
82. You are in the aid room with a patient who is unresponsive and has hot, dry skin. His friends state that he has been drinking and passed out in the hot sun for several hours. A patroller is ventilating the patient with a bag-valve mask attached to high-flow oxygen. Which of the following actions would be most beneficial to this patient at this time?
- Gently pour cold water over the patient to rapidly cool him down.
  - Place cold packs on the patient's groin and armpits.
  - Try to give the patient sugar because he could be having a diabetic reaction.
  - Prepare the patient for vomiting by placing him in a prone position.
83. Which of the following behaviors is a sign of potential aggression in a patient?
- The clenching of both fists
  - Increased sighing
  - Avoiding eye contact
  - Refusal to answer some questions

84. **You are notified that a patient is coming to the first-aid room with bruising to the lumbar area of the back. Based on this statement, you would expect to find bruising in which area?**
- The buttocks
  - The lower back**
  - The upper back
  - The neck
85. **You are teaching a basic NUEC/NUOFA 3 class and need to explain toxins. Which of the following statements is the best description of a toxin?**
- It is a poison that comes from a chemical.
  - It is anything ingested that causes an anaphylactic reaction.
  - It is a poison made by a living creature, including plants and animals.**
  - It is usually transmitted by a bite or a sting.
86. **You have been doing some spring cleaning in your yard, and the next day you notice a red, itchy rash developing on your arms. Your doctor tells you that you have poison ivy. You recognize that this reaction occurs because:**
- poison from the plant entered your bloodstream.
  - your body was unable to create an antigen.
  - venom from the plant reacted with your body.
  - a toxic substance came in contact with your skin.**
87. **In order to enjoy their upcoming skiing trip, your family has gathered information about risk factors for high-altitude illnesses. Contributing factors that could make altitude illness worse include:**
- COPD.
  - the lack of regular exercise.
  - a history of angina.
  - a diet that is high in carbohydrates.**
88. **Comotio cordis is sudden cardiac death resulting from**
- blunt trauma, usually in children younger than 16 years old.**
  - a crushing injury to the chest in teenage auto collision victims.
  - cardiac arrest secondary to pulmonary embolism.
  - a hereditary defect that affects infants and toddlers.
89. **Because pelvic fractures can result in large blood losses, NUEC/NUOFA 3 Providers should:**
- give the patient glucose.
  - call for ALS to begin treatment to replace lost body fluids.**
  - give the patient liquids to replace lost body fluids.
  - apply O<sub>2</sub> at 6 LPM via a nonrebreather.
90. **Children exhibit great bursts of energy followed by sudden profound fatigue because:**
- they have fewer energy reserves than adults.**
  - they need to take a nap.
  - they lose interest in their current activity.
  - they have attention deficit disorder.
91. **You have a 32-year-old male patient who just arrived at the aid room on the top of a 9,000-foot peak. You think he may be exhibiting signs of altitude sickness. You recognize that the key to a successful outcome of treatment is to:**
- recognize the patient's signs and descend to a lower elevation.**
  - get him to lie down so his symptoms do not worsen.
  - start him on oxygen via a nasal cannula.
  - prevent further body cooling by covering him with blankets.

92. **Plants most commonly cause toxic reactions through which of the following routes?**
- Ingestion and topical contact
  - Topical contact and injection
  - Ingestion and inhalation
  - Inhalation and injection
93. **You are describing techniques for remaining safe when responding to a call for a patient with a behavioral emergency. Which of the following statements is appropriate?**
- "You should approach patients quietly and try to surprise them so they don't have time to develop a plan to attack you."
  - "You need to encounter the patient first, and then come up with your safety plan."
  - You should be sure that you have at least one exit route, and do not let the patient get between you and that way out.
  - "You cannot be empathetic to the patient's feelings because that would be a sign of weakness."
94. **When treating a patient exhibiting abnormal behavior, you should always:**
- assist the patient in taking glucose in case the patient is hyperglycemic.
  - assume that the abnormal behavior is a manifestation of an underlying psychological problem.
  - assume until proven otherwise that the source of the abnormal behavior is an underlying medical condition.
  - provide oxygen with a nonrebreather mask at 15 LPM.
95. **Assessment of a patient who fell reveals bruising to her right buttock. Her skin is intact and she complains of tenderness in the area when you palpate it. You would recognize which of the following types of injury?**
- An open injury
  - An avulsion
  - An abrasion
  - A contusion
96. **Based on your NUEC/NUOFA 3 training, which of the following patients is most likely suffering from generalized hypothermia?**
- A 87-year-old alcoholic with hand pain and numbness after shoveling snow without wearing gloves
  - A 34-year-old male whose fingers and toes are blue from exposure to the cold
  - A 21-year-old female who was trapped in cold water for 10 minutes before being rescued
  - A 19-year-old male whose ears are firm and waxy in appearance
97. **You are reviewing care for snake bites before your wilderness trip with friends. You note that appropriate treatment would include:**
- sucking the poison out of the bite wound.
  - applying a tourniquet above the bite wound to prevent spread of the venom.
  - applying ice to the bite wound to decrease pain and swelling.
  - immobilizing the affected extremity and placing it at the level of the heart.
98. **In treating an evisceration, NUEC/NUOFA 3 Providers should:**
- cover the wound with an occlusive flutter-valve dressing.
  - apply a sterile dressing and an ice pack.
  - apply a sterile dressing and direct pressure.
  - not put the protruding organs back inside the abdominopelvic cavity.

99. **A mechanical injury to the brain that results in a short-term and/or a long-term neurologic deficit is:**
- a repetitive head injury.
  - a subdural hematoma.
  - neural ischemia.
  - a traumatic brain injury.**
100. **After successfully rewarming a foot that has frozen toes, an NUEC/NUOFA 3 Provider should:**
- cover the foot and toes with dry dressings.**
  - ambulate the patient to ensure return of adequate motor function.
  - gently massage the foot and toes.
  - place the foot below the level of the heart to enhance circulation.

1. **You are called to assist a toddler who has just had a seizure that lasted about 60 seconds. His mom reports that the child has a history of seizures. Your assessment reveals that he is now responding to painful stimuli, is breathing normally, and has a normal radial pulse. Which of the following actions would you take?**
  - a. Gently try to arouse him and make him more alert.
  - b. Insert an oral airway.
  - c. Apply oxygen via nonrebreather at 15 LPM.
  - d. **Place him in a recovery position and continue to assess him.**
  
2. **You are working at a mountain resort and are presented with a 50-year-old woman who states that she does not feel well. From your assessment, which of the following findings would seemingly indicate that the patient is being adversely affected by the high altitude?**
  - a. A heart rate of 62 beats per minute
  - b. **A complaint of dyspnea on exertion**
  - c. Vomiting after eating large meals
  - d. An elevated blood glucose level with no history of diabetes
  
3. **What is the function of subcutaneous fat?**
  - a. It produces glucose needed for energy.
  - b. It always projects underlying organs from trauma.
  - c. **It insulates the body and stores energy.**
  - d. It has no real function and is unhealthy and detrimental to survival.
  
4. **Your family is planning a ski trip to a resort that is at about 10,000 feet of elevation. You suggest that you spend the first two nights of the trip at a hotel where the elevation is about 6,500 feet. When your children protest that they are in good shape and want to go immediately to the resort, you explain that you are concerned about altitude sickness and that:**
  - a. "I'll see if I can get some medication so that we don't need to stop over at the lower elevation."
  - b. "just because you children are fit and don't need the gradual change doesn't mean your mom and I don't need it."
  - c. "your mom and I will exercise more before the trip so that maybe we can reduce the delay to one night."
  - d. **"physical fitness does not necessarily prevent altitude sickness."**
  
5. **Blunt trauma to the upper right abdominal quadrant can injure the:**
  - a. **liver.**
  - b. spleen.
  - c. small intestines.
  - d. pancreas.
  
6. **You suspect that an unhelmeted climber who struck his head during a fall may have a basilar skull fracture. As you conduct your assessment, which of the following findings reinforces this suspicion?**
  - a. **Clear fluid coming from the right ear and left nostril**
  - b. Dilation and sluggish response to light of the right pupil
  - c. Paralysis of the left arm and left leg
  - d. Blood coming from both ears
  
7. **You are assessing a patient who received multiple injuries in a fight. Which of the following injuries would present the greatest danger for infection?**
  - a. A closed crushing injury to the thigh
  - b. A hematoma in the left foot
  - c. A contusion to the chin
  - d. **An abrasion on the right side of the face**

8. A patient has sustained an injury to his mediastinum. Based on the anatomy of his chest, which of the following structures may have been injured?
- The esophagus
  - The lungs
  - The diaphragm
  - A bronchus
9. When mechanically restraining a patient, you should:
- tell the patient you will release the restraints as soon as he calms down.
  - speak as harshly as necessary to get the patient to cooperate.
  - have six people available to safely apply the restraints.
  - designate two leaders: one to control the patient's upper extremities and one to control the patient's lower extremities.
10. You treated a 19 year old with a puncture wound to the chest by covering the wound with an impermeable dressing. Now, as you perform your ongoing assessment, you note that the patient is tachypneic and is complaining of difficulty breathing. Breath sounds on the side of the injury are also diminished. Which of the following actions should you take immediately?
- Load the patient quickly and transport him to a higher level of care.
  - Lift a corner of the dressing from the wound for a few seconds; then reapply and check his breath sounds.
  - Add another layer to the dressing.
  - Assist his breathing with a bag-valve mask.
11. A young boy complains of pain in his fingers after spending several hours outside riding a sled in cold temperatures. After ensuring that he has no life-threatening conditions, you turn your attention to his hands and note that his fingers are cold to the touch. Which of the following signs or symptoms would help confirm your suspicion that he is suffering from early or superficial frostbite?
- Swelling of and blisters on the fingers
  - Firm but numb cold skin on the fingers
  - A history of being exposed to cold temperatures
  - Soft but numb skin on the fingers
12. Some plants can have very toxic effects on the body but can act medicinally when given in measured doses. Which of the following is *not* an example of such plants?
- Monkshood
  - Belladonna
  - Castor oil
  - Foxglove
13. A specific toxin or poisonous secretion of an animal that is usually transmitted by a bite or sting is known as:
- nettle.
  - antigen.
  - venom.
  - bullae.
14. You and your partner are preparing to backboard a patient using a vest type short spine immobilization device. After ensuring that inline manual spinal stabilization is being maintained, your next instruction should be:
- "Let's turn the patient away from the tree before applying the vest."
  - "Let's check motor, sensory, and pulses in the arms and legs."
  - "Let's get the cervical collar applied before we place the vest."
  - "Let's place the vest on the backboard and carefully move him onto it."

15. **Because many elderly patients will not offer their medical history unless specifically asked to do so, NUEC/NUOFA 3 Providers may have to:**
  - a. look for past surgical scars during a secondary assessment.
  - b. ask open-ended questions.
  - c. ask yes-or-no questions.
  - d. search a patient's medicine cabinet and kitchen cabinets for prescription bottles.
  
16. **The son of an 88-year-old patient states that he told his mother to increase the amount of an antibiotic she was taking so she would "feel better faster." This represents a problem because the elderly have:**
  - a. an increased risk for stroke.
  - b. decreased liver and kidney function.
  - c. an increased risk for cancer.
  - d. decreased respiratory function.
  
17. **You respond to the vehicle maintenance department, where a middle-aged man is flushing his eyes with tap water. He tells you that acid splashed in his eyes and that they are burning. Which of the following questions is the most important one to ask right away?**
  - a. "Do you take any medications?"
  - b. "Are you wearing contact lenses?"
  - c. "Have you ever had a previous eye injury?"
  - d. "What is your past medical history?"
  
18. **The most effective method for treating a contusion is to apply a(n):**
  - a. bandage.
  - b. pressure dressing.
  - c. tourniquet.
  - d. ice pack.
  
19. **A 9-month-old boy has been stung on his tongue after sucking on a bottle that had a bee on the nipple. In comparison to the same injury in an adult, why would an NUEC/NUOFA 3 Provider be more concerned over this child?**
  - a. A child's tongue is proportionally larger, increasing the chances of airway occlusion from even minor swelling.
  - b. Children tend to be highly allergic to bee stings, whereas the same allergy in adults is rare.
  - c. A child's airway has more blood vessels than an adult's, making bleeding more of a concern.
  - d. When injured, a child's mouth produces more saliva, making choking a major concern.
  
20. **A young girl is complaining of eye pain after having bleach thrown in her face. When assessing her eyes, you note redness and significant tearing in the right eye. You would treat this girl by:**
  - a. gently wiping the inner eye with pieces of sterile gauze.
  - b. covering both eyes immediately.
  - c. stopping the tearing by applying gentle pressure to the eye.
  - d. flushing the eye with sterile water.
  
21. **Which of the following statements concerning insulin pumps is false?**
  - a. They supply insulin via a catheter.
  - b. They have an external on/off button.
  - c. They are implanted in the patient's chest.
  - d. They are commonly found on a patient's belt.



22. **You and your friends are camping on a 20-degree day. Which of the following assessment findings best illustrates that your bodies are no longer compensating for the effects of the cold?**
- Loss of fine motor coordination
  - Cool and clammy skin
  - Shivering
  - Hypertension
23. **The three bones that convert sound waves into signals that are then carried to the brain are known as the:**
- auditory canals.
  - auditory foramina.
  - auditory ossicles.
  - tympanic membranes.
24. **To identify all the drugs, prescriptions, herbal supplements, and over-the-counter drugs that a patient may be taking in combination, NUEC/NUOFA 3 Providers should use:**
- AEIOU.
  - SAMPLE.
  - DCAP-BTLS.
  - OPQRST.
25. **A 15-year-old girl struck in the mouth with a baseball bat has lost her front teeth and is spitting a significant amount of blood. Your primary concern in treating this patient is:**
- observing her for possible airway compromise.
  - saving her teeth so they can be reimplanted.
  - checking her for a jaw fracture.
  - watching her for seizure activity.
26. **You are securing a patient to a long backboard. Which of the following lists indicates the appropriate order for securing the straps?**
- Legs, head, torso, pelvis
  - Head, legs, torso, pelvis
  - Torso, pelvis, legs, head
  - Head, torso, pelvis, legs
27. **You and your partner are caring for a patient who tells you that she wears contact lenses. Your partner wants to remove the lenses. You remind him that the removal of contact lenses is indicated in all of the following situations except:**
- significant altered level of responsiveness.
  - eye trauma.
  - eye edema.
  - any facial trauma.
28. **Which of the following signs and symptoms is *not* a characteristic of a bee, wasp, or hornet sting?**
- Swelling
  - Pain
  - Joint aching
  - Nausea and vomiting

29. Which of the following statements indicates that an NUEC/NUOFA 3 Provider correctly understands the goal of assessing a patient who has abdominal pain?
- "If the patient has tenderness upon palpation of the abdomen, NUEC/NUOFA 3 Providers should assume that bleeding is the cause."
  - "To best treat the patient, NUEC/NUOFA 3 Providers must identify the exact cause of the patient's pain."
  - "It is important to determine if the liver is the cause of pain, because that is the most life-threatening condition."
  - "It is more important to recognize a possible abdominal emergency than it is to identify the exact cause."
30. The diaphragm separates the:
- lungs from the heart.
  - heart and lungs from the spine.
  - right lung from the left lung.
  - thoracic cavity from the abdominal cavity.
31. You are treating a 26-year-old man who fell about 20 feet while rock climbing. He is complaining of right sided chest discomfort and dyspnea. You note that his respiratory rate is 28 and shallow. Based on this assessment, the best emergency care would be:
- placing the patient in a position of comfort to help breathing, performing an L.A.P. exam of the thorax, and administering high-flow oxygen.
  - achieving spinal immobilization, splinting the affected area of the chest, and administering high-flow oxygen.
  - achieving spinal immobilization, administering high-flow oxygen, and then performing "load and go."
  - performing a rapid body survey and assisting ventilations with BVM and high-flow oxygen.
32. When cooling a patient with a possible heat stroke, which of the following findings would be of most concern to a rescuer?
- Observing your partner giving the patient two aspirin to bring down his temperature
  - Observing your partner applying an ice pack to the patient's neck
  - An increase in blood pressure to 100/80
  - A decrease in heart rate from 140 beats per minute to 120 beats per minute
33. You are with a group of hikers on the third day of an 11,000-foot mountain ascent. One of the hikers has not been feeling well for a couple of days. Today, members of the group notice that he is having difficulty getting dressed and speaking. From your training in outdoor emergency care, you recognize that these signs and symptoms are most often associated with:
- acute mountain sickness.
  - frostbite.
  - HACE.
  - peripheral neuropathy.
34. A group of ski patrollers have invited you to join their team on a bike ride to raise money for multiple sclerosis (MS) research. You recall learning about MS in your NUEC/NUOFA 3 class, but you ask your friend to remind you of some of the key features of this condition. Which of the following statements made by your friend would be most accurate?
- "Speech and mood are generally not affected by MS."
  - "MS does not affect mental capacity and memory."
  - "The progression of MS is a continuous gradual loss of sensory and motor function."
  - "MS is a progressive disease that causes degeneration of both central and peripheral nerves."

35. **Assessment of the cervical spine of a patient complaining of lower back pain after falling 20 feet reveals no displacement, tenderness, or instability. Accordingly, you should:**
  - a. inform the team that immobilization is not needed.
  - b. apply a properly sized cervical collar.**
  - c. release manual in-line spinal stabilization.
  - d. immobilize the patient to a backboard without a cervical collar.
  
36. **Given that 50 percent of patients with HAPE also have symptoms of AMS, it is important that you ask patients if they have had which of the following groups of signs/symptoms?**
  - a. Difficulty sleeping, vomiting, ataxia
  - b. Headache, blurred vision, peripheral edema
  - c. Fatigue, nausea, difficulty sleeping**
  - d. Harsh cough, itchy skin, nausea
  
37. **Which of the following instructions is most appropriate when moving a patient who has severe generalized hypothermia?**
  - a. "Let's secure her with her arms and legs extended because this position promotes the retention of body heat."
  - b. "I want everyone to take extra care in moving her very gently to the stretcher; we do not want her to go into cardiac arrest."**
  - c. "Let's place her on her side on the stretcher because her body temperature contraindicates placement of a nasal airway."
  - d. "Be careful when moving her to the stretcher; the cold makes her very prone to bone fractures."
  
38. **While performing a primary assessment on a patient who has an isolated spinal cord injury, you note that he is in severe respiratory distress and struggling to breathe. Where should you suspect that the spinal cord injury has occurred?**
  - a. The diaphragm
  - b. The cervical spine**
  - c. The lumbar spine
  - d. The thoracic spine
  
39. **With which of the following assessment findings for a patient complaining of abdominal and back pain would an NUEC/NUOFA 3 Provider be most concerned?**
  - a. A history of gallbladder disease
  - b. Patient has recently had diarrhea.
  - c. A pulsating mass above the umbilicus**
  - d. A surgical scar in the right upper abdominal quadrant
  
40. **A group of three golfers have been struck by lightning on a golf course. Two of the golfers are responding; the third is in cardiac arrest. You are the lone witness. When deciding which patient to treat first, you should remember that:**
  - a. you must somehow provide head stabilization for all three victims.
  - b. you can't do everything by yourself; run and get help.
  - c. to save the most people, the patient in cardiac arrest should be treated last.
  - d. in a lightning strike, patients who are apparently dead should be treated first.**
  
41. **You are reviewing psychosocial development of a preschooler in your NUEC/NUOFA 3 class. You recognize that "preschooler" includes children who are:**
  - a. over 9 years of age.
  - b. 3–5 years old.**
  - c. 6–8 years old.
  - d. 2–3 years old.

42. **You and your friends have been examining cactus plants when your friend gets stuck by one of the plant's spines. You recognize that a cactus spine can:**
- cause an immediate anaphylactic reaction in some individuals.
  - just be uncomfortable but will not cause a reaction.
  - inject a toxin that causes a systemic reaction.
  - get stuck in the skin and cause a local reaction.**
43. **You are assessing a conscious but confused hiker who became lost in the woods on a cold day. Your assessment shows that he has an open airway, adequate breathing, and a weak radial pulse. His skin is cold to the touch and he is shivering. NUEC/NUOFA 3 Providers should recognize that the:**
- shivering actually represents a small seizure, which indicates that the brain is cold.
  - cold caused the patient's brain to become dysfunctional, as evidenced by the shivering.
  - shivering indicates that the patient's core body temperature has fallen below 90°F.
  - shivering is a protective means by which the body is attempting to warm itself.**
44. **Which of the following behaviors would an NUEC/NUOFA 3 Provider recognize as *uncharacteristic* of a conscious and stable 2-year-old boy who fell and hurt his hand?**
- He does not cry or protest when you take him from his mother to assess him.**
  - He does not tell you where the pain is when you ask.
  - He becomes upset when you lift his shirt to assess his abdomen.
  - He cries any time you touch him.
45. **The structures within the abdomen are:**
- protected by ribs.
  - poorly protected.**
  - protected by the pelvis.
  - protected by strong abdominal muscles.
46. **You have applied a pressure dressing to the calf of a woman who suffered a deep laceration from a piece of broken glass. Which of the following actions should you take next?**
- Check CMS in the patient's foot.**
  - Apply a splint.
  - Apply a tourniquet above the laceration.
  - Obtain a follow-up blood pressure reading.
47. **Which of the following findings is *not* a sign of severe hypothermia?**
- A core temperature below 82°F
  - Diminished pupillary eye reflexes
  - A palpable radial pulse**
  - Coma
48. **You are following the L.A.P. method to examine the chest of a 38-year-old trauma patient. To assess for thoracic cage instability, you would apply moderate downward pressure on the sternum while asking the patient to take a deep breath, and then you would:**
- "walk" the patient's clavicles with your fingertips while the patient exhales.
  - have the patient exhale slowly while you listen to the breath sounds.
  - apply moderate inward pressure on the lateral walls of the rib cage and ask the patient to take a deep breath.**
  - palpate the upper thorax for subcutaneous emphysema.

49. Which of the following processes is the body's most important cooling mechanism?
- Evaporation
  - Radiation
  - Conduction
  - Respiration
50. A person is in a hot environment, and his body is trying to compensate. He is beginning to exhibit signs of heat exhaustion. Which of the following signs/symptoms would you expect to see?
- Cool and clammy skin, bradycardia, slow respirations
  - Hot dry skin, elevated heart rate, elevated body temperature
  - Warm and very sweaty skin, elevated body temperature, headache
  - Diaphoretic skin, decreased heart rate, hunger
51. When assessing a 3-year-old child for possible injuries after the mother's boyfriend said the child fell down a flight of stairs, which of the following findings would raise your suspicion that the child may be a victim of physical abuse?
- The child cries when you palpate his arm.
  - The child has a broken clavicle.
  - Circumferential bruising on is apparent on the child's arm.
  - Several bruises are located on the child's knees and shins.
52. Which of the following instructions from one NUEC/NUOFA 3 Provider to another describes the appropriate application of a cervical spine immobilization collar?
- "I need you to extend the patient's chin backward a little so I can fit the collar under his chin."
  - "Carefully flex his head forward a little so I can pass the collar underneath his neck."
  - "Let's log roll the patient to one side so I can apply a cervical collar."
  - "Keep his head in neutral position while I apply a cervical collar."
53. You are at a football practice on a very hot summer day. A young player is panting and lying under a tree. His skin is flushed, and his teammates are continually wiping the sweat off his face, arms, and chest with towels and offering him fluids to drink. Which of the following statements is most appropriate for this situation?
- "Don't give him fluids. It will only make him sweat more."
  - "Keep wiping. You are helping him retain water that his body needs."
  - "Let's put his shirt back on to keep him from sweating."
  - "It's OK for him to sweat. It is helping his body cool down."
54. The most common injury to the pancreas results from:
- impact trauma to the left side of the body.
  - bicycle accidents in which the abdomen strikes the handlebar.
  - impact trauma to the right side of the body.
  - rotation trauma to the upper chest.
55. You have been called to care for a 21-month-old girl who has been bitten by a dog. Given the patient's age, you would appropriately classify the patient as:
- a toddler.
  - a school-age child.
  - a preschooler.
  - an infant.

56. A patient complains of severe and sharp pain in the right lower abdominal quadrant. Based on this location, what organ or structure is most likely involved?
- liver.
  - appendix.
  - kidney.
  - spleen.
57. Which of the following statements about pressure dressings and bandages is true?
- Bandages should be applied in a distal-to-proximal manner.
  - Dressings are placed over bandages.
  - All pressure dressings must be airtight to prevent contamination.
  - Gauze should be placed in an open wound before a pressure dressing is applied.
58. You are caring for a 15-year-old male with a laceration of the left ear. Which of the following actions would you *not* take in dressing this injury?
- Placing a bulky dressing between the ear and the scalp
  - Securing the dressing with gauze that is wrapped securely around the head
  - Wrapping gauze loosely around the head and under the opposite axilla
  - Using direct pressure to control the bleeding
59. You are listening to two patrollers discuss the accident to which they just responded. Which of the following injuries would lead you to believe that one of the patients had suffered from traumatic asphyxia?
- Abdominal bruising and distention
  - A chest wound that makes a sucking sound
  - A bilateral femur deformity
  - Bluish discoloration of the neck and face
60. Which of the following actions should you take to decrease a patient's heat loss due to radiation?
- Wipe the patient's skin down with warm water.
  - Apply warm packs to the patient's body.
  - Turn off all fans in the room.
  - Put a hat on the patient's head.
61. You are working at the summit of a 9,000-foot mountain. A 60-year-old woman is brought to you complaining of headache, fatigue, and shortness of breath. You prepare to do your assessment and recognize that your goal is to:
- determine whether this is an emergent condition so that you can initiate life-saving treatment.
  - find out if she has an inhaler she can use to relieve her shortness of breath.
  - get the patient lying down to relieve her presenting symptoms.
  - give her some ibuprofen to ease her headache.
62. The part of the eye that focuses light on the retina is called the:
- sclera.
  - lens.
  - iris.
  - vitreous humor.
63. A patient has a laceration on his arm from a table saw. Assessment reveals dark red blood flowing steadily from the wound. You would recognize this type of bleeding as:
- arterial bleeding.
  - lymphatic bleeding.
  - capillary bleeding.
  - venous bleeding.

64. **Most reptile-related injuries are caused by:**
- alligators.
  - snakes.
  - crocodiles.
  - sharks.
65. **You have initiated the rewarming of a local cold injury in a patient's hand and fingers. On scene the patient had no sensation in his hand or fingers. Which of the following statements is a cause of concern when made by the patient?**
- "I still can't feel my fingers when I rub them with my other hand."
  - "The blisters on my fingers haven't broken yet."
  - "My hand is feeling funny. It seems to be starting to tingle a little bit."
  - "My fingers are really starting to hurt now!"
66. **Which of the following strategies is best for NUEC/NUOFA 3 Providers for communicating with a geriatric patient who has diminished eyesight?**
- Obtain needed information from family members.
  - Stand in front of the patient and talk calmly.
  - Increase both the pitch and the volume of your voice.
  - Write your questions in large print on paper.
67. **Labored breathing at rest and audible chest congestion herald the development of a serious, potentially life-threatening stage of what altitude-related condition?**
- Khumbu cough
  - HAPE
  - Peripheral edema
  - Acute mountain sickness
68. **The lower jaw, the only "movable" bone of the face, is hinged on both sides of the skull by the:**
- maxilla.
  - temporomandibular joints.
  - frontal bones.
  - foramen.
69. **At an in-service, your medical director asks if anyone can tell her the cause of heat cramps. Which of the following responses would be most appropriate?**
- They occur when a patient's blood vessels constrict and decrease blood flow to the affected muscles.
  - They are caused when a patient's electrolytes have been lost and he becomes dehydrated.
  - They are thought to occur when a patient uses his muscles too much.
  - They occur when a patient's body can no longer compensate and off-load excess heat.
70. **Based on the anatomy of the spine, which one of the following injuries is possible?**
- A compression fracture of lumbar vertebra 12
  - A disk injury between thoracic vertebrae 11 and 12
  - A fracture of the ninth cervical vertebra
  - A dislocation of lumbar vertebra 7

71. A young boy was out riding his bike in the neighborhood when he fell onto a stick protruding from the ground. The stick impaled him in the neck. The boy immediately pulled the stick out. Assessment reveals a gaping wound to the boy's right neck. Which of the following types of dressing would you use on this injury?
- Sterile gauze carefully placed inside the open wound to control bleeding
  - A sterile dressing placed over the wound and bandaged with roller gauze around the neck
  - A moist sterile dressing that is taped to the neck
  - An occlusive dressing that is taped on all sides
72. A 39-year-old man has been stabbed once in the anterior chest. When notifying the patrol aid room by radio, you inform them that the patient has suffered what possible type of injury?
- Flail chest
  - Evisceration
  - A lacerated heart
  - An open chest injury
73. The sternocleidomastoid muscle is responsible for:
- securing the clavicle to the shoulder.
  - protecting the larynx from injury.
  - anatomically dividing the neck into right and left sides.
  - side-to-side movements of the head.
74. A patient at a mountain ski resort has notable shortness of breath. She denies any past medical history and takes no medications. After applying oxygen, you realize that the key to helping this patient improve is to:
- descend to a lower altitude.
  - place her in a supine position with her legs elevated.
  - position her in a left lateral recumbent position.
  - administer a respiratory medication by a metered-dose inhaler.
75. You are night skiing when you are notified that a child has been involved in a collision on the intermediate trail. As you approach the scene you are thinking about your assessment and realize that the cold and low light may make assessing the child's circulation difficult. In this situation, other options for assessing circulation include assessing all of the following except:
- the sclera of the eyes.
  - fingertip capillary refill.
  - the palms of the hands.
  - the patient's lips.
76. Which of the following assessment findings best indicates that a patient's injury should be classified as an abrasion?
- Intact skin with ecchymosis noted; patient describes minor pain
  - Jagged breaks in the skin; bleeding moderate but controllable
  - Red scrapes involving the outermost layer of skin only
  - Intact skin with a large accumulation of dark blood underneath



77. You are at a park with your family when you hear a call for help. There is a teenager who is "sick." On scene you find a 16-year-old boy who is mildly confused. Friends state that they have been playing basketball for most of the morning and afternoon. The temperature is in the 90s and the humidity is high. The boy's airway is patent and his breathing rate is elevated but adequate. His pulse is weak and rapid. Observation of his skin reveals it to be pale, cool, and moist. Which of the following would you do *first* for this patient?
- Administer salt tablets by mouth every 15 minutes.
  - Get some newspaper and fan him vigorously.
  - Lay him down in a side-lying position.
  - Lay him in the shade in a supine position, and elevate his feet.
78. You recognize that heat cramps are the probable cause of a patient's problem when the patient makes which of the following statements?
- "I have pain in my belly and legs."
  - "My neck feels as though it is in spasm."
  - "I cannot remember what day it is."
  - "I am having a hard time moving my fingers."
79. To prepare a patient with a pelvic fracture for transportation, NUEC/NUOFA 3 Providers should:
- place the patient in a supine position on a backboard.
  - apply a pelvic binder.
  - place the patient in a seated position in a toboggan.
  - place the patient on a scoop stretcher in the right recumbent position.
80. You have been called to care for an unattended 6-year-old girl who has vomited once and is complaining of mild abdominal pain. When you are performing the physical assessment and obtaining a SAMPLE history, which of the following approaches would be considered most appropriate?
- Asking her questions that can be answered with a "yes" or "no"
  - Using "baby talk" when asking her questions about her pain
  - Allowing her to play with your stethoscope before listening to her lungs
  - Standing above her and smiling while you ask questions
81. A patient with blunt chest trauma has paradoxical chest movement. She is conscious and confused and is breathing rapidly and shallowly. After manually stabilizing the flail section of the chest wall, you should:
- administer oxygen through a nonrebreather facemask.
  - insert an oropharyngeal airway.
  - apply a flutter valve dressing.
  - apply an ice pack to the flail section to decrease bruising.
82. You are in the aid room with a patient who is unresponsive and has hot, dry skin. His friends state that he has been drinking and passed out in the hot sun for several hours. A patroller is ventilating the patient with a bag-valve mask attached to high-flow oxygen. Which of the following actions would be most beneficial to this patient at this time?
- Gently pour cold water over the patient to rapidly cool him down.
  - Place cold packs on the patient's groin and armpits.
  - Try to give the patient sugar because he could be having a diabetic reaction.
  - Prepare the patient for vomiting by placing him in a prone position.
83. Which of the following behaviors is a sign of potential aggression in a patient?
- The clenching of both fists
  - Increased sighing
  - Avoiding eye contact
  - Refusal to answer some questions

84. **You are notified that a patient is coming to the first-aid room with bruising to the lumbar area of the back. Based on this statement, you would expect to find bruising in which area?**
- The buttocks
  - The lower back**
  - The upper back
  - The neck
85. **You are teaching a basic NUEC/NUOFA 3 class and need to explain toxins. Which of the following statements is the best description of a toxin?**
- It is a poison that comes from a chemical.
  - It is anything ingested that causes an anaphylactic reaction.
  - It is a poison made by a living creature, including plants and animals.**
  - It is usually transmitted by a bite or a sting.
86. **You have been doing some spring cleaning in your yard, and the next day you notice a red, itchy rash developing on your arms. Your doctor tells you that you have poison ivy. You recognize that this reaction occurs because:**
- poison from the plant entered your bloodstream.
  - your body was unable to create an antigen.
  - venom from the plant reacted with your body.
  - a toxic substance came in contact with your skin.**
87. **In order to enjoy their upcoming skiing trip, your family has gathered information about risk factors for high-altitude illnesses. Contributing factors that could make altitude illness worse include:**
- COPD.
  - the lack of regular exercise.
  - a history of angina.
  - a diet that is high in carbohydrates.**
88. **Comotio cordis is sudden cardiac death resulting from**
- blunt trauma, usually in children younger than 16 years old.**
  - a crushing injury to the chest in teenage auto collision victims.
  - cardiac arrest secondary to pulmonary embolism.
  - a hereditary defect that affects infants and toddlers.
89. **Because pelvic fractures can result in large blood losses, NUEC/NUOFA 3 Providers should:**
- give the patient glucose.
  - call for ALS to begin treatment to replace lost body fluids.**
  - give the patient liquids to replace lost body fluids.
  - apply O<sub>2</sub> at 6 LPM via a nonrebreather.
90. **Children exhibit great bursts of energy followed by sudden profound fatigue because:**
- they have fewer energy reserves than adults.**
  - they need to take a nap.
  - they lose interest in their current activity.
  - they have attention deficit disorder.
91. **You have a 32-year-old male patient who just arrived at the aid room on the top of a 9,000-foot peak. You think he may be exhibiting signs of altitude sickness. You recognize that the key to a successful outcome of treatment is to:**
- recognize the patient's signs and descend to a lower elevation.**
  - get him to lie down so his symptoms do not worsen.
  - start him on oxygen via a nasal cannula.
  - prevent further body cooling by covering him with blankets.

92. **Plants most commonly cause toxic reactions through which of the following routes?**
- Ingestion and topical contact
  - Topical contact and injection
  - Ingestion and inhalation
  - Inhalation and injection
93. **You are describing techniques for remaining safe when responding to a call for a patient with a behavioral emergency. Which of the following statements is appropriate?**
- "You should approach patients quietly and try to surprise them so they don't have time to develop a plan to attack you."
  - "You need to encounter the patient first, and then come up with your safety plan."
  - You should be sure that you have at least one exit route, and do not let the patient get between you and that way out.
  - "You cannot be empathetic to the patient's feelings because that would be a sign of weakness."
94. **When treating a patient exhibiting abnormal behavior, you should always:**
- assist the patient in taking glucose in case the patient is hyperglycemic.
  - assume that the abnormal behavior is a manifestation of an underlying psychological problem.
  - assume until proven otherwise that the source of the abnormal behavior is an underlying medical condition.
  - provide oxygen with a nonrebreather mask at 15 LPM.
95. **Assessment of a patient who fell reveals bruising to her right buttock. Her skin is intact and she complains of tenderness in the area when you palpate it. You would recognize which of the following types of injury?**
- An open injury
  - An avulsion
  - An abrasion
  - A contusion
96. **Based on your NUEC/NUOFA 3 training, which of the following patients is most likely suffering from generalized hypothermia?**
- A 87-year-old alcoholic with hand pain and numbness after shoveling snow without wearing gloves
  - A 34-year-old male whose fingers and toes are blue from exposure to the cold
  - A 21-year-old female who was trapped in cold water for 10 minutes before being rescued
  - A 19-year-old male whose ears are firm and waxy in appearance
97. **You are reviewing care for snake bites before your wilderness trip with friends. You note that appropriate treatment would include:**
- sucking the poison out of the bite wound.
  - applying a tourniquet above the bite wound to prevent spread of the venom.
  - applying ice to the bite wound to decrease pain and swelling.
  - immobilizing the affected extremity and placing it at the level of the heart.
98. **In treating an evisceration, NUEC/NUOFA 3 Providers should:**
- cover the wound with an occlusive flutter-valve dressing.
  - apply a sterile dressing and an ice pack.
  - apply a sterile dressing and direct pressure.
  - not put the protruding organs back inside the abdominopelvic cavity.

99. **A mechanical injury to the brain that results in a short-term and/or a long-term neurologic deficit is:**
- a repetitive head injury.
  - a subdural hematoma.
  - neural ischemia.
  - a traumatic brain injury.**
100. **After successfully rewarming a foot that has frozen toes, an NUEC/NUOFA 3 Provider should:**
- cover the foot and toes with dry dressings.**
  - ambulate the patient to ensure return of adequate motor function.
  - gently massage the foot and toes.
  - place the foot below the level of the heart to enhance circulation.