



This examination to be used only as a PRECOURSE TEST for BLS for Healthcare Providers Courses. **Please do not mark on the evaluation. Record the best answer on the separate answer sheet.**

1. While at work in a hospital, you find an adult victim who has collapsed. No one is available to help. After you ensure that the scene is safe, what should you do next?

- a. Check for responsiveness; if the victim is unresponsive, activate the emergency response system (or phone 911) and get the AED if available
- b. Phone 911 (or activate the emergency response system), then wait outside to direct the emergency responders
- c. Open the airway with a tongue-jaw lift and perform 2 finger sweeps to check if food is blocking the airway
- d. Perform CPR for 1 minute, then phone 911

2. You work with an overweight 55-year old dentist with no known history of heart disease. He begins to complain of sudden, severe, "crushing" pain under his breastbone, in the center of his chest. The pain has lasted more than 5 minutes. What problem should you think of right away, and what should you do?

- a. Heartburn; tell him to take an antacid
- b. Angina; phone his personal physician
- c. Heart Attack; phone 911
- d. Arrhythmia; drive him to an Emergency Department

3. You witnessed the collapse of a 45 year-old man. You are now performing CPR after sending someone to phone 911. You have done your best to ensure that the first 2 links in the Chain of Survival have been completed immediately. What is the third link in the chain, which will have the greatest effect on increasing this man's chance of survival?

- a. Arrival of paramedics who will administer drugs
- b. Transportation of the man to a hospital
- c. Arrival of a rescuer with a defibrillator
- d. Arrival of EMS personnel who can do CPR

4. You have been talking with a 60-year-old man. He is alert and has been conversing normally. All at once he complains of a sudden weakness on one side of his face and in one arm. He is also having trouble speaking. What is the most likely cause of his problem?



- a A seizure
- b A heart attack
- c A stroke
- d Diabetic coma

5. You remove a 3-year-old from the bottom of the shallow end of a swimming pool. You find that she is limp and unresponsive. No other person is available to help. When should you phone 911?

- a. After you have given the child 2 minutes of CPR
- b. As soon as you remove the child from the pool
- c. When you see that several minutes of CPR there is no response
- d. After giving a few ventilations and before beginning chest compressions

6. You are a medical advisor helping set up a public access defibrillation (PAD) program at a local shopping mall. The mall has purchased an AED. The mall personnel director asks, "If AEDs are so 'foolproof,' why do the security guards have to learn CPR and be trained to use the AED?" which of the following is the best explanation for the need to train rescuers to perform CPR and use an AED?

- a. Rescuers don't need to learn CPR if they can use an AED
- b. Rescuers need to be able to verify the rhythm analyzed by the AED
- c. Rescuers need to know when and how to use the AED safely and to perform the steps of CPR for unresponsive victims who are not in cardiac arrest
- d. Rescuers will need to learn to maintain the AED and repair it if something goes wrong

7. You are responding to a 'code blue' call for a child who was found unresponsive on her bed, what should be your first response?

- a. Look, listen, and feel for breathing
- b. Do the jaw-thrust maneuver
- c. feel for the pulse, at least 5-10 seconds, and if no pulse then start compressions
- d. Pull her tongue forward

8. Healthcare providers are taught to check for response and for no breathing or no normal breathing; only gasping, how long do we do this for?

- a. 15-20 seconds
- b. less than 5 seconds
- c. after the two breaths
- d. at least 5 to 10 seconds



9. Healthcare providers are cautioned to look for “adequate” breathing when they open the airway and check for breathing in an unresponsive victim. What is the best explanation for the requirement that the healthcare provider look for more than just the presence or absence of breathing?

- a. Healthcare providers often mistake effective breaths for absence of breaths and they start rescue breathing unnecessarily
- b. Most adult victims of cardiac arrest actually stop breathing before the cardiac arrest, and the respiratory arrest precipitates the cardiac arrest
- c. Many victims of sudden cardiac arrest actually have a foreign body in the airway, which will require that you check and confirm that the breathing is adequate
- d. Some victims may continue to demonstrate agonal or grasping breaths for several minutes after a cardiac arrest, but these breaths that are too slow or too shallow will not maintain oxygenation.

10. You are in the hospital cafeteria, where a woman appears to be in distress. She is grasping her throat with both hands. What should you do to find out if she is choking?

- a. Give her 5 back blows
- b. Give her 5 abdominal thrusts
- c. Ask her “Are you choking?” and look for any response
- d. Shake her and shout, “Are you OK?”

11. You are providing rescue breathing for a child using a bag-mask device. What action will confirm that each of your rescue breaths is adequate?

- a. Determining the child’s weight, calculating the tidal volume, and delivering that amount of air
- b. observing the child’s chest rise with each rescue breath
- c. choosing the correct size bag-mask device, which will ensure delivery of adequate rescue breaths
- d. Delivering breaths quickly with high inspiratory pressures

12. A 3-year-old child is eating in the hospital playroom. She suddenly begins coughing repeatedly. Her cough then quickly becomes soft and weak. She is making high-pitched noises while breathing in and seems to be in respiratory distress. Her skin is bluish color. What is the most likely cause of her distress?

- a. An acute asthma attack causing a swelling of the airway
- b. partial airway obstruction with inadequate air exchange
- c. Infected and swollen vocal cords
- d. A seizure from a possible head injury



13. You are performing rescue breathing with a bag-mask device and oxygen for a nonbreathing child with signs of circulation. How often should you provide rescue breaths for a child, without an advanced airway?

- a. Approximately once every 3-5 seconds (12-20 breaths per minute)
- b. Approximately once every 2-3 seconds (20-30 breaths per minute)
- c. Approximately once every 5-6 seconds (10 to 12 breaths per minute)
- d. Approximately once every 10 seconds (6 breaths per minute)

14. You are performing adult 1-rescuer CPR. After how many compressions do you deliver the 2 breaths?

- a. 15 compressions
- b. 20 compressions
- c. 30 compressions
- d. 100 compressions

15. You are at your grandmother's house. Your grandmother is unresponsive and has stopped breathing. You are giving her mouth-to-mouth breathing. Which of the following statements is the best explanation for the positive effects of rescue breaths?

- a. Rescue breaths help overcome any airway obstruction that may be blocking the airway
- b. Rescue breaths will maintain a normal arterial oxygen content
- c. Rescue breathing might help defibrillate the heart
- d. Rescue breaths are a quick, effective way to provide oxygen to the victim

16. A 52-year-old man collapses at the fitness center after a workout. What is the preferred site for a pulse check in this adult victim?

- a. At the radial artery of the wrist
- b. At the brachial artery of the arm
- c. At the carotid artery of the neck
- d. On the chest, over the heart

17. Where should you place your hands on the chest of a victim when you are performing chest compressions?

- a. On the top half of the breastbone
- b. Over the heart, on the left side of the side at the nipple line
- c. Over the very bottom of the breastbone. On the xiphoid
- d. On the lower half of the breastbone, at the nipple line, in the center of the chest



18. You are performing CPR on an unresponsive man who was found in his bed. What is your ratio of compressions to ventilations?

- a. 30 compressions, then 2 ventilations
- b. 15 compressions, the 2 ventilation
- c. 10 compressions, the 2 ventilations
- d. 15 compressions, the 5 ventilations

19. What is the correct "rate or speed" (not the actual amount), you should use to perform compressions for an adult victim of cardiac arrest?

- a. A rate of 60 times per minute
- b. A rate of 80 times per minute
- c. A rate of 100 times per minute
- d. A rate of 120 times per minute

20. A neighbor runs with his limp 5-year-old child. You verify that the child is unresponsive and send the neighbor to phone 911. You check for signs of circulation and find that that child has no signs of circulation (including no pulse). Which of the following choices best describes the techniques you should use to perform chest compressions on this child?

- a. Use both thumbs, encircling the chest
- b. Use the heel of one hand
- c. Use the tips of 2 fingers
- d. Use the palm and fingers of one hand

21. You and a colleague have responded to a "code call" to attempt resuscitation of an unresponsive man who was found on the floor. Next, you check for a pulse and find no pulse, what should you and your partner do next?

- a. Attach an AED (if available) or begin chest compressions and cycles of compressions and ventilations
- b. Deliver 5 abdominal thrusts
- c. Check for signs of circulation again
- d. Position the airway and reattempt rescue breaths



22. You are alone when you see a man collapse. You confirm that he is unresponsive and phone the emergency response number. There is no AED in sight. You return to the man and perform the steps of CPR. There are no signs of circulation, including no pulse, so you begin chest compression. When should you check for a pulse again?

- a. After each compression-ventilation cycle
- b. After the first compression-ventilation cycle
- c. After about 2 minutes of CPR
- d. After the first 4 cycles of 15 compressions and 2 ventilations and every few minutes thereafter

23. Which of the following most accurately characterizes when you should start chest compressions?

- a. As soon as you find out there are no signs of circulation, including no pulse
- b. After you have reassessed the victim's breathing
- c. After giving 2 initial ventilations
- d. whenever you find an unresponsive person

24. When you perform CPR, how do your chest compressions and rescue breathing help the victim of sudden cardiac arrest?

- a. CPR decreases the need for coronary artery bypass
- b. CPR forces the heart in ventricular fibrillation to return to a normal rhythm
- c. CPR has no effect on survival
- d. Immediate CPR provides a flow of oxygen-rich blood to the heart and brain and "buys time" until defibrillation

25. A 7-year-old boy is struck by a car in front of your house. You find him unresponsive and bleeding from a wound on his forehead. How should you open his airway?

- a. By tilting his head and lifting his chin
- b. Jaw thrust with cervical spine immobilization
- c. By sweeping out his mouth and pulling forward on his tongue
- d. By not moving him at all because he might have a broken neck

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