



TECHNICAL UNIVERSITY OF MOMBASA

FACULTY OF APPLIED AND HEALTH SCIENCES

DEPARTMENT OF MEDICAL SCIENCES

UNIVERSITY EXAMINATION FOR:

DMLS

AMD 2109: FIRST AID

END OF SEMESTER EXAMINATION

SERIES: DECEMBER 2016

TIME: 2 HOURS

DATE: Pick Date Select Month 2016

Instructions to Candidates

You should have the following for this examination

-Answer Booklet, examination pass and student ID

This paper consists of **TWO** Section(s). Attempt **ALL** questions.

Circle the correct answer in section A.

SECTION A

1. An unconscious casualty has a serious burn to the left leg, you should
 - A. Check danger, response, airway, and breathing, then treat the burn
 - B. Elevate the legs and cool the burn
 - C. Cool the cover the burn with ice
 - D. Get the casualty to hospital as soon as possible

2. A casualty who is not breathing normally and shows no 'signs of life' requires
 - A. CPR
 - B. Chest compressions

- C. To be placed in the lateral position
 - D. All of the above
3. During mouth to mask rescue breaths, if the chest does not rise, this could be due to
- A. The casualty being on their back
 - B. Tight clothing
 - C. None of the above
 - D. Poor head tilt
4. What techniques help to determine if a casualty is breathing?
- A. Look, listen and feel
 - B. Shaking the casualty
 - C. Checking the carotid pulse
 - D. Asking them if they are having problems breathing
5. The ratio for CPR on an adult casualty is
- A. 2 breaths to 30 compressions
 - B. 1 breath every 30 seconds
 - C. 1 breath to 15 compressions
 - D. 1 breath every 2 seconds
6. You see a non-breathing casualty but have forgotten the timing for giving rescue breath, you should
- A. Place the casualty in a lateral position and wait for help
 - B. Blow until the chest begins to rise then blow again after it falls
 - C. Place the casualty on their back and do nothing in case you do the wrong thing
 - D. Get the casualty to hospital as soon as possible
7. A casualty begins to breathe during mouth to mask resuscitation, but remains unconscious, you should
- A. Place the casualty in the lateral position
 - B. Call for medical assistance

- C. Sit the casualty up and reassure them
- D. Leave the casualty on their back and continually check airway and breathing

8. The four main chambers of the human heart are

- A. Right and Left Ventricle, Right and Left Vena Cava
- B. Right and Left Ventricle, Right and Left Atrium
- C. Right and Left Atrium, Right and Left Aorta
- D. Right and Left Aorta, Right and Left Ventricle

9. If a casualty starts to breath during CPR, you should

- A. Place the casualty in the lateral position and look, listen and feel
- B. Stop Rescue Breaths
- C. Commence CPR
- D. Blow until the chest rises then blow again after it falls

10. The ratio for CPR on an infant casualty is

- A. 15 breaths followed by 2 compressions
- B. 2 breaths followed by 30 compressions
- C. 1 breath followed by 5 compressions
- D. 10 breaths followed by 10 compressions

11. When performing external cardiac compression on an adult the sternum should be depressed

- A. Approx 1/3 depth of the chest
- B. Approx 1/10 depth of the chest
- C. Approx 1/2 depth of the chest
- D. Approx 1/20 depth of the chest

12. You should continue CPR for a patient that is not breathing for

- A. 5 minutes
- B. 1 minutes

- C. 4 minutes
- D. Continuously

13. A casualty suffering shock should be

- A. Left alone to recover
- B. Rested, reassured and vital signs monitored in supine position
- C. Given water for thirst
- D. Sit the casualty up and reassure them

14. The basic principles in the treatment of bleeding are

- A. Direct pressure to wound, elevate limb, keep casualty rested
- B. Direct pressure to wound and apply tourniquet
- C. Allow to bleed freely for one minute and apply ice packs
- D. Allow to bleed freely for 30 seconds and apply tourniquet

15. If blood is leaking through a bandage that you have applied to a wound, your next action should be to

- A. Elevate the legs
- B. Apply a tourniquet
- C. Apply another bandage with more pressure
- D. Call for medical assistance

16. A casualty has a knife impaled in their forearm, you should

- A. Remove the knife to reduce pain levels
- B. Cover the knife with a towel so the casualty cannot see it
- C. Stabilize the knife with a pad, bandage around the knife and treat for shock
- D. Get the casualty to hospital as soon as possible

17. When caring for an amputated body part, you should

- A. Wash the part and put it in a bag of ice
- B. Place the body part in a water proof bag and then place that bag in iced water

- C. Try to bandage the part back in place
- D. Apply a pressure bandage over the affected area

18. A casualty has an open wound to the abdomen 'Evisceration', your priorities are

- A. To allow the wound to bleed freely to stop infection
- B. To cover the wound with moist bulky dressings and treat for shock
- C. Push all the contents back into the wound so they look right
- D. Call for medical assistance immediately

19. The treatment for a casualty suffering from burns is to

- A. Immediately apply a burn cream
- B. Apply ice
- C. Cool with running water and cover with a suitable dressing
- D. Immediately apply Vaseline

20. After treating a casualty for a leg fracture it is important to

- A. Treat for shock and check circulation in the leg
- B. Walk the casualty around to improve circulation
- C. Elevate the leg to a vertical position
- D. Lay casualty on their back to reduce possibility of movement

21. A conscious casualty has suffered from suspected rib fractures, you should

- A. Lay casualty on their back
- B. Place casualty in the lateral position injured side up
- C. Place casualty in a comfortable position i.e.: half sitting and leaning to the injured side, if other

injuries permit

- D. Treat for shock and check for circulation

22. The elevation sling is generally used for
- A. Wrist and ankle fractures
 - B. Upper arm fractures
 - C. Forearm fractures
 - D. Collarbone and shoulder injuries
23. The purpose of the collar and cuff sling is to
- A. Avoid putting pressure on the collarbone as other types of slings do
 - B. Support the upper arm without putting pressure on the elbow
 - C. Prevent the forearm from pressing on a broken rib
 - D. Reduce movement in the forearm
24. The treatment for a soft tissue injury is
- A. Massage the area
 - B. Rest, Ice, Compression, Elevation
 - C. Stretch the injury to increase blood flow to the injury
 - D. Apply splint to reduce movement
25. Upon examination of a casualty who has suffered a head injury, the first thing you would check is
- A. Whether casualty is breathing
 - B. Whether casualty is bleeding
 - C. Is casualty responsive?
 - D. Can the casualty move their toes
26. A conscious casualty has fallen heavily from a motorbike and has tingling in the hands and feet along with neck pain, you should
- A. Sit the casualty up and remove their helmet
 - B. Immobilise the casualty
 - C. Elevate the legs and check airway, breathing and circulation

D. Remove the helmet and test circulation

27. After assisting a known asthmatic with 4 puffs of reliever medication and finding no improvement, you should

A. Commence Rescue Breaths to assist with breathing

B. Lay the person down and raise their legs

C. Call an ambulance

D. Lay casualty on their back to reduce possibility of movement

28. A casualty has a foreign object in their eye, you should

A. Remove it with clean forceps

B. Pull the eyelid back and wipe with gauze

C. Gently flush the eye

D. Cover eye with Vaseline

29. A casualty has had a tooth knocked out during a game of football, your treatment should be

A. Clean the tooth thoroughly with antiseptic

B. Wrap the tooth in sterile cotton wool

C. Place the tooth back in position if possible or place the tooth in a glass of milk

D. Place the tooth back in position and have the casualty clench their jaw to hold in position

30. A casualty is showing signs of confusion, aggression, profuse sweating and slurred speech. This person is most likely to be suffering from

A. Hypoglycemia

B. Spinal Injury

C. Frostbite

D. Hypothermia

31. A casualty is suffering an epileptic seizure, you should
- A. Place a wooden peg in the mouth to stop the casualty biting their tongue
 - B. Restrain them to prevent self-injury
 - C. Prevent any injury during the seizure and then check the airway and breathing circulation following the seizure
 - D. Seek medical assistance
32. A person has swallowed a type of cleaning solution, you should
- A. Ring the Poisons Information Centre
 - B. Induce vomiting
 - C. Give large amounts of fluid
 - D. Ring the product manufacturer and seek advice
33. A casualty has suffered a red back spider bite; this condition is best treated by
- A. Applying heat
 - B. Pressure immobilization technique
 - C. Placing casualty in recovery position
 - D. Applying cold
34. A casualty is suffering chest pain which has lasted for more than 5 minutes, you should
- A. Get them to walk around and get through the pain
 - B. Lay them down and elevate the legs
 - C. Sit the casualty down, reassure, and then call 000
 - D. Do nothing as further treatment will cause injury
35. A conscious casualty is suffering from a mild hypothermia, you should
- A. Give warm sugary fluids and protect them from the elements
 - B. Vigorously rub the arms and legs to provide warmth

- C. Place the casualty in the lateral position and check airway, breathing and circulation
- D. Get the casualty to move limbs to encourage circulation

36. To avoid the risk of infection when treating a casualty, you should

- A. Put gloves on before treatment is commenced for each patient
- B. Avoid skin-to-skin contact only when blood is present
- C. Do nothing for fear of becoming infected
- D. Cover face with available clothing

37. When treating a suspected fracture of the pelvis, you should

- A. Place casualty in the lateral position and monitor
- B. Get them to hospital immediately by any means possible
- C. Bend legs at knees, elevate lower legs slightly and support if possible
- D. Place pelvic area into body splint to reduce movement

38. The best treatment for a fractured jaw is

- A. Apply a facial bandage to keep jaw in place
- B. Lay casualty on their back and monitor
- C. Have casualty hold pad on jaw for support
- D. Place ice against the affected area

39. A casualty with a suspected broken rib is best treated by

- A. Giving pain killers for relief
- B. Have the casualty in the upright sitting position
- C. Have the casualty seated in a position of comfort with affected side down
- D. Nothing, very little can be done to immobilise rib damage

40. The most effective treatment for a suspected (brain attack) stroke is

- A. Commence CPR immediately
- B. Call 000 or 112 immediately and reassure casualty

C. Do nothing as you may cause further injury

D. Place casualty in recovery position

SECTION B

1. a) You're waiting in line at the grocery store and the shopper next to you passes out. Explain stepwise the first aid you can administer to save life (10mks)

b) You're having fun dancing with your best friend at home but she danced a bit too hard and sprained her ankle. What first aid can you give to her? (10mks)

2. a) Outline the vital steps the first aider undertakes while Communicating in an emergency (10mks)

b) Outline the basic life support steps (10mks)

3. Discuss the qualities of a first aider (20mks)

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