

AMERICAN HEART ASSOCIATION - CENTRAL MARYLAND CHAPTER, INC.
415 N. Charles Street
Baltimore, Maryland 21201

BASIC LIFE SUPPORT
COURSE TEST

This test consists of multiple choice test questions.

On the separate Answer Sheet provided, black out the one best answer.

eg:

Which of the following is generally considered to be a warning sign of heart attack?

- a. Nausea, sweating, shortness of breath
- b. Squeezing feeling in the chest
- c. Numbness or aching in the arms
- d. Aching jaw
- e. All of the above

Answer: a b c d

e - all of the above

Please read questions carefully.

PLEASE DO NOT WRITE ON THIS TEST BOOKLET. USE ANSWER SHEET PROVIDED.

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1. Heart attack symptoms can go away and return.
 - a. True
 - b. False

2. The least likely early warning sign of possible heart attack is:
 - a. Sweating and shortness of breath
 - b. A red colored lump near the carotid artery
 - c. Vomiting and nausea
 - d. Prolong pain in chest area extending to arm
 - e. Oppressive pain up along the neck and jaw

3. The most dangerous part of a heart attack is:
 - a. The first two hours
 - b. The first week
 - c. The first month-

4. A person while at work experiences an aching in his chest and left arm for 15 minutes and is nauseated and lightheaded. He should:
 - a. Place his head between his knees until lightheadedness clears
 - b. Go home immediately
 - c. Rest quietly and have someone seek a physician who can come to his aid, even if it means calling every physician in the directory
 - d. Rest quietly while arrangements are made for entry into the appropriate life support system
 - e. Take baking soda

5. The warning signs of heart attack are sometimes very mild and ignored, or attributed to some other cause.
 - a. True
 - b. False

6. Biological death occurs:
 - a. During a clinical examination
 - b. When the heart and respiration stop
 - c. When irreversible brain damage has occurred

7. What do you do when you perform cardiopulmonary resuscitation?
 - a. Artificial breathing
 - b. Artificial circulation
 - c. Both artificial breathing and artificial circulation
 - d. Use a resuscitator to keep someone alive

15. Which would indicate effective CPR?
- Improved color
 - Detectable pulse during compressions
 - Pupils constrict
 - All of the above
16. Which of these is a good sign during CPR?
- Wide open pupils that stay dilated when you expose them to light
 - Pupils that get larger when you expose them to light
 - Moderately dilated pupils which constrict when exposed to light
17. If cardiac arrest is suspected, the routine pulse to check first is:
- Neck - Carotid
 - Groin - Femoral
 - Wrist - Radial
18. While in a drugstore, you see a child come in alone; he is wearing a wet bathing suit. He reaches into the ice cream freezer and suddenly cries out and "freezes" in position, shivering slightly. The first thing to do is:
- Position the head, check for breathing, and begin mouth-to-mouth breathing if indicated
 - Thump the chest if indicated
 - Check for a pulse
 - Seek and use a non-conductive object to knock him away from the freezer and/or turn off the electricity to the freezer - whichever is most expedient
19. Three methods to determine if breathing is occurring are:
- Look at the chest, feel with hand on chest, listen for air exchange
 - Look at the throat for swallowing, feel with hand on chest, listen for air exchange
 - Look at the chest, feel for air exchange with hand on chest, listen with ear on chest
20. What does it mean when the unconscious victim's chest moves up and down?
- He is moving air in and out of his lungs
 - He is not breathing
 - He is making breathing attempts but may not be getting air into his lungs
21. Hearing or feeling ribs fracture during external compression:
- Is an indication to stop compressing as the lung may become punctured
 - Indicates hand location should be re-assessed
 - Indicates the 60 lbs. of downward force is too much for this adult victim

29. The only reliable direct indication that rescue breathing is inflating the lungs is:
- The patient loses much of his blue color
 - You can see the victim's chest rise and fall
 - When you blow into the victim's mouth, air enters easily
 - The pupils of the eyes become constricted
30. When should you check the pulse of a victim of an unwitnessed arrest who is not breathing?
- Before you start breathing for him
 - After the first four adequate breaths
 - After the first eight to ten adequate breaths
 - Before you do anything else
31. In mouth-to-mouth resuscitation, dentures should routinely be:
- Removed because they contain dirty bacteria
 - Left in (unless unusually loose) because they provide support and facilitate making an airtight seal
 - Removed because they frequently obstruct the airway
 - Left in because it is illegal to remove them without the victim's consent
32. Sometimes mouth-to-mouth breathing is all that it takes to revive an unconscious person.
- True
 - False
33. When should the person doing rescuer breathing "interpose" a breath during two-man CPR?
- During the fifth downstroke
 - During the fifth upstroke
 - During the 15th upstroke
 - Whenever possible
34. When a foreign body is obstructing the air passage and cannot be removed with fingers, always try to blow some air into the lungs. Then:
- Deliver a firm blow over the spine between the shoulder blades
 - Call for a surgeon
 - Perform an emergency tracheotomy
 - Keep probing in throat with fingers
35. Which of these persons may be the victim of an airway obstruction:
- A person whose skin is turning blue
 - A person with a swollen airway
 - A person with a piece of meat caught in his throat
 - A person with spasm of the larynx
 - All of the above

43. When performing external cardiac compression on an infant:
- The compression rate should be 50-60 per minute.
 - Place two fingers over the lower half of the sternum.
 - Place two fingers over the middle of the sternum.
 - Interpose one ventilation between every 9th and 10th compression.
44. What particular point must a rescuer remember when placing a small child in open airway position?
- The child's head should be back as far as possible.
 - A small child's neck is less flexible than an adult's.
 - Forcing the child's head back too far may result in a collapsed airway.
45. Incorrect placement of your hands during cardiac compression may lead to:
- Punctured lung
 - Punctured heart
 - Lacerated liver
 - Fractured ribs
 - All of the above
46. External cardiac compression may lead to complications. The one most common and least dangerous of these is:
- Punctured lung
 - Laceration of the liver
 - Fractured ribs
 - Bruising of the heart
47. If heart-lung resuscitation is not done correctly, the rescuer may:
- Damage the lungs
 - Break the ribs
 - Break the breast bone
 - Damage the liver
 - All of the above
48. Where on the chest would you deliver a blow with your fist in order to perform the chest thump?
- Two or three fingers above the lower end of the sternum
 - On the upper third of the sternum
 - Where the sternum and collarbone meet
 - On the mid-portion of the sternum
49. A precordial thump is effective because:
- It increases cardiac output to 60%
 - It is less tiring than external compression
 - It may result in creation of electrical activity sufficient to stimulate the heart
 - It creates negative pressure in the chest causing a spontaneous inhalation

CITIZEN'S COURSE - BASIC CARDIAC LIFE SUPPORT

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4. The warning signs of heart attack are sometimes very mild and ignored, or attributed to some other cause.
 - a. True
 - b. False
5. Biological death occurs:
 - a. During a clinical examination
 - b. When the heart and respiration stop
 - c. When irreversible brain damage has occurred.
6. What do you do when you perform cardiopulmonary resuscitation?
 - a. Artificial breathing
 - b. Artificial circulation
 - c. Both artificial breathing and artificial circulation
 - d. Use a resuscitator to keep someone alive
7. Clinical death occurs:
 - a. During a clinical examination
 - b. When the heart and respiration stop
 - c. When irreversible brain damage has occurred.
8. The purpose of CPR is:
 - a. Prevent Clinical death (heart-lung arrest)
 - b. Prevent heart attacks
 - c. Prevent strokes
 - d. Prevent irreversible brain damage (biological death)
 - e. Prevent liver damage

Which would indicate effective CPR?

- a. Improved color
 - b. Detectable pulse during compressions
 - c. Pupils constrict
 - d. All of the above
10. With a person who has drowned, one should not begin mouth-to-mouth resuscitation until an effort has been made to drain or suction most of the water from his lungs.
- a. True
 - b. False
11. If a lone rescuer finds a non-breathing, pulseless accident victim lying on his face in the road, and he suspects that the victim has a back injury, what should he do?
- a. Turn the victim as a unit and begin CPR
 - b. Turn the victim's head to one side and begin CPR
 - c. There is nothing he can do until help arrives
 - d. Leave the victim in his present position and do whatever he can to apply the principles of CPR
12. Under which of the following circumstances may a non-physician discontinue CPR?
- a. When the rescuer thinks the patient will not survive
 - b. When the rescuer suspects that the victim may suffer permanent brain damage
 - c. When the rescuer is exhausted and unable to continue
 - d. When an ambulance attendant states that the victim is dead.
13. When can the lay rescuer turn over the responsibility of maintaining CPR?
- a. Anytime an ambulance arrives
 - b. Anytime the police arrives
 - c. When there is reasonable assurance that the CPR effort will be continued by qualified and capable individuals
14. Sometimes mouth-to-mouth breathing is all that it takes to revive an unconscious person.
- a. True
 - b. False
15. Incorrect placement of your hands during cardiac compression may lead to:
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 - b. Punctured heart
 - c. Lacerated liver
 - d. Fractured ribs
 - e. All of the above