



**AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF REHABILITATIVE MEDICINE
BACHELOR OF SCIENCE IN PHYSIOTHERAPY**

END OF TRIMESTER EXAMINATIONS JANUARY TO APRIL 2024

UNIT CODE: PHT 131

UNIT NAME: BASIC LIFE SUPPORT AND NURSING SKILLS

DATE: 17TH APRIL 2024

TIME: 11.15AM-1.30PM

INSTRUCTIONS

- 1. All students will have two (2) hours to complete the examination**
- 2. It is the student's responsibility to report any page and number missing in this paper.**
- 3. Check that the paper is complete**
- 4. Total number of pages is 10 including the cover.**
- 5. Read through the paper quickly before you start.**

Section 1 MCQs

1. What ratio for compressions to breaths should be used for 1-rescuer infant CPR?
 - A. Give 5 compressions to 1 breath
 - B. Give 15 compressions to 2 breaths
 - C. Give 20 compressions to 2 breaths
 - D. Give 30 compressions to 2 breaths
2. What should you do if you need to use an AED on someone who has been submerged in water?
 - A. Pull the person out of the water, but do not use the AED
 - B. Do not pull the person out of the water, and wipe the chest
 - C. Pull the person out of the water, and wipe the chest
 - D. Do not move the person, and do not use the AED

Use this scenario to answer the next 2 questions:

3. A 9-year-old child has suddenly collapsed. After confirming that the scene is safe, a single rescuer determines that the child is in cardiac arrest, shouts for nearby help, and activates the emergency response system by using his mobile device. He immediately begins performing high-quality CPR. Two additional rescuers immediately arrive to assist in the resuscitation attempt.

What actions should occur next to support a team-based resuscitation attempt?

- A. Two rescuers should operate the AED while the third rescuer gives breaths.
- B. One rescuer should give CPR while the other 2 wait for advanced life support to arrive.
- C. Two rescuers should alternate giving high-quality chest compressions.
- D. Two rescuers should alternate using the AED and giving breaths.

4. Two rescuers begin high-quality CPR while the third rescuer leaves to get the AED. What action supports 2-rescuer CPR?

- A. Alternating giving rescue breaths every 3 cycles
- B. Alternating the compressor role every 2 minutes
- C. Alternating the AED role every 2 minutes
- D. Alternating giving shocks every 3 cycles

5. You witness someone suddenly collapse. The person is unresponsive, you hear gasping sounds, and there is no pulse. You phone 9-1-1. What should you do next?

- A. Begin CPR; the gasps are not normal breathing
- B. Begin CPR even though gasping is normal breathing
- C. Monitor the patient; the gasps are considered normal breathing
- D. Give rescue breaths only; the gasps are not normal breathing

6. "The team functions smoothly when all team members know their positions, functions, and tasks during a resuscitation attempt." Match this statement with the most appropriate element of team dynamics listed.

- A. Clear roles and responsibilities
- B. Constructive intervention
- C. Knowing your limitations
- D. Mutual respect

7. In which locations do most out-of-hospital cardiac arrests occur?

- A. Healthcare clinics
- B. Homes
- C. Recreational facilities
- D. Shopping centers

8. Which is the most common cause of cardiac arrest in children?

- A. Cardiac problem
- B. Congenital or acquired heart defect
- C. Respiratory failure or shock
- D. Infection and sepsis

9. What is the third link in the adult out-of-hospital Chain of Survival?

- A. Advanced life support
- B. High-quality CPR
- C. Prevention
- D. Defibrillation

10. A 53-year-old man collapses and becomes unresponsive. You witness his collapse and are the first rescuer at the scene, where the man is lying motionless on the floor. Which is the first action you should take in this situation?

- A. Activate the emergency response system.
- B. Start high-quality CPR, beginning with chest compressions.
- C. Start providing rescue breaths.
- D. Verify that the scene is safe for you and the victim.

11. AVPU is used to check for level of response. What does it stand for?

- A. Alert, Voice, Pain, Unresponsive
- B. Alert, Vivid, Pain, Unable
- C. Adult, Voice, Pain, Unconscious
- D. Alert, Vital, Poise, Unconscious

12. The following are parts of the respiratory system except?

- A. Bronchioles
- B. Trachea
- C. Nose
- D. Heart

13. A victim with a foreign-body airway obstruction becomes unresponsive. What is your first course of action?

- A. Start CPR, beginning with chest compressions
- B. Perform abdominal thrusts
- C. Roll the victim over and perform back blows
- D. Perform blind finger sweeps

14. Which characteristics of chest compressions in high-quality CPR are given to a child?

- A. At least one third the depth of the chest, approximately 2 inches (5 cm)
- B. At least one fourth the depth of the chest, approximately 1½ inches (4 cm)
- C. At least one half the depth of the chest, approximately 3 inches (8 cm)
- D. At least two thirds the depth of the chest, approximately 4 inches (10 cm)

15. Why is allowing complete chest recoil important when performing high-quality CPR?

- A. The rate of chest compressions will increase.
- B. It will reduce the risk of rib fractures.
- C. The heart will adequately refill between compressions.
- D. There will be a reduction of rescuer fatigue.

Use this scenario to answer the next 2 questions:

16. An 8-month-old infant is eating and suddenly begins to cough. The infant is unable to make any noise shortly after. You pick up the infant and shout for help. You have determined that the infant is responsive and choking with a severe airway obstruction. How do you relieve the airway obstruction?

- A. Begin 2 thumb–encircling hands chest compressions
- B. Give sets of 5 back slaps and 5 chest thrusts
- C. Encourage the infant to cough
- D. Give abdominal thrusts

17. The infant becomes unresponsive. Which action do you perform to relieve choking in an unresponsive infant?

- A. Perform CPR, and look in the mouth for the obstructing object before you give each breath
- B. Give sets of 5 back slaps and 5 chest thrusts
- C. Attempt a blind finger sweep when giving breaths to remove the obstructing object
- D. Give sets of 5 abdominal thrusts and 5 back slaps

18. What is the correct compression-to-ventilation ratio for a 7-year-old child when 2 or more rescuers are present?

- A. 15 compressions to 1 breath
- B. 15 compressions to 2 breaths
- C. 20 compressions to 2 breaths
- D. 30 compressions to 2 breaths

19. What does the stroke acronym F.A.S.T. stand for?

- A. Face drooping, arm weakness, speech difficulty, time to phone 9-1-1
- B. Falling down, arm weakness, slurring words, time to start first aid
- C. Falling down, arm tingling, speech difficulty, time to phone 9-1-1
- D. Face drooping, arm tingling, sudden weakness, time to start CPR

20. How are rescue actions for cardiac arrest due to drowning different from the rescue actions for sudden cardiac arrest?

- A. Unlike sudden cardiac arrest, the priority in a drowning is to give the person CPR.
- B. Unlike sudden cardiac arrest, the priority in a drowning is to give the person oxygen.
- C. Unlike sudden cardiac arrest, the priority in a drowning is to locate an ambulance.
- D. Unlike sudden cardiac arrest, the priority in a drowning is to give chest compressions.

21) How should you open the airway of an unconscious casualty?

- A. Head tilt and chin lift.
- B. Jaw thrust.
- C. Head tilt and jaw thrust.
- D. Lift the chin.

22) How long would you check to see if an unconscious casualty is breathing normally?

- A. No more than 10 seconds.
- B. Approximately 10 seconds.
- C. Exactly 10 seconds.
- D. At least 10 seconds.

23) What is the cause of angina?

- A. Insufficient blood reaching the lungs.
- B. Insufficient blood reaching the brain.
- C. Insufficient blood reaching the heart muscle.
- D. Insufficient blood reaching the leg muscles

24) What should a casualty with a severe allergy carry at all times?

- A. Insulin.
- B. Acetaminophen/Paracetamol.
- C. Adrenaline (Epipen).
- D. Aspirin.

25) What should your first action be when treating an electrical burn?

- A. Ensure that the casualty is still breathing.
- B. Wash the burn with cold water.
- C. Check for danger and ensure that contact with the electrical source is broken.
- D. Check for level of response.

26) What is an open fracture?

- A. A fracture in which the bone ends can move around.
- B. A fracture in which the bone is exposed as the skin is broken.
- C. A fracture which causes complications such as a punctured lung.
- D. A fracture in which the bone has bent and split.

27) Which medical condition will develop from severe blood loss?

- A. Shock.
- B. Hypoglycaemia.
- C. Anaphylaxis.
- D. Hypothermia.

28) What names are given to the three different depths of burns?

- A. Small, medium and large.
- B. First, second and third degree.
- C. Minor, medium and severe.
- D. Superficial, partial thickness, full thickness.



29) How can you recognize if a vein is bleeding?

- A. Blood flows equally out of the wound
- B. Blood flows with pulses out of the wound
- C. Blood flows slowly out of the wound

30) What are the symptoms of hypothermia?

- A. Feeling warm and sweaty
- B. Feeling cold and sweaty
- C. Feeling tired and cold, experiencing shivers, and acting abnormally
- D. Being very sweaty

SAQs: (30 marks)

31. Using F.A.S.T, describe how you would assess a suspected stroke casualty.
32. List 5 responsibilities of a First Aider.
33. Discuss how waste segregation is done in hospitals.
44. List the steps of D.R.A.B. in the correct order.
35. The Cleaner at the University suddenly sustains a cut wound on the thumb, which is profusely bleeding. Highlight the steps for his First Aid.

LAQs: (20 marks)

36. List and describe the steps of Emergency Scene Management (ESM).
37. As you are getting out of class, your classmate suddenly faints in front of you. She is unconscious. Discuss how you would respond as a First Aider.