



**AMREF INTERNATIONAL UNIVERSITY  
SCHOOL OF MEDICAL SCIENCE  
DEPARTMENT OF REHABILITATION MEDICINE  
BACHELOR OF SCIENCE IN PHYSIOTHERAPY  
END OF SEPT-DECEMBER 2025 TRIMESTER EXAMINATIONS**

**UNIT CODE: PHT 131                      UNIT NAME: Basic life support (Main exam)**

**DATE:                      5<sup>th</sup> December 2025**

**TIME:                      TWO HOURS**

**START:                      6pm                                      STOP : 8pm**

**INSTRUCTIONS (physical exams)**

- 1. Do not write on this question paper**

(Marks and questions distribution as per program curriculum.)

**INSTRUCTIONS (Online examinations)**

1. This exam is marked out of 70 marks
2. This Examination comprises 3 Sections
3. This online exam shall take 2 Hours
4. Late submission of the answers will not be accepted
5. Ensure your web-camera is on at all times during the examination period
6. No movement is allowed during the examination
7. Idling of your machine for 5 min or more will lead to lock out from the exam
8. The Learning Management System (LMS) has inbuilt integrity checks to detect cheating
9. Any aspect of cheating detected during and or after the exam administration will lead to nullification of your exam
10. In case you have any questions call the invigilator for this exam on Tel. 0705833434 and or the Head of Department on Tel 0720491032
11. For adverse incidences please write an email to: [amiu.examinations@amref.ac.ke](mailto:amiu.examinations@amref.ac.ke)

**MULTIPLE ANSWER QUESTIONS. ANSWER ALL THE QUESTION. (30 Marks)**

1. The rate of chest compressions are approximately;
  - A. 60-100 compressions/minute
  - B. 90-100 compressions/minute
  - C. 100-110 compressions/minute
  - D. 100-120 compressions/minute
  
2. The depth of chest compressions for children is approximately
  - A. 4cm
  - B. 5cm
  - C. 6cm
  - D. 7cm
  
3. The following applies to pediatric in-hospital first chain of survival
  - A. Early recognition and prevention
  - B. Activation of emergency response
  - C. Advanced resuscitation
  - D. High quality CPR
  
4. In resuscitation, ROSC reflects
  - A. Return of successful circulation
  - B. Recovery of spontaneous circulation
  - C. Recovery of successful circuit
  - D. Return of spontaneous circulation
  
5. In adult basic life support algorithm, the first step is to
  - A. Check for responsiveness
  - B. Verify scene safety
  - C. Provide rescue breaths
  - D. Perform chest compression
  
6. While checking for patient responsiveness,
  - A. Verify scene safety
  - B. Check for carotid pulse
  - C. Determine the next course of action
  - D. Tap the victim's shoulders

7. To minimize delays in starting cardiopulmonary resuscitation,
- A. Assess breathing independently
  - B. Assess for pulse independently
  - C. Assess breathing and pulse at the same time
  - D. Start cardiopulmonary resuscitation within 20 seconds

8. In opioids poisoning, administer
- A. Morphine
  - B. Pethidine
  - C. Meloxicam
  - D. Naloxone

9. In resuscitation AED stands for
- A. Adult emergency defibrillator
  - B. Actual emergency defibrillator
  - C. Automatic external defibrillator
  - D. Automated external defibrillator

10. To perform a pulse check on an adult, feel for;
- A. coronary pulse
  - B. cardiac pulse
  - C. carotid pulse
  - D. femoral pulse

11. The role of rescue number two during chest compression involves
- A. Maintaining an open airway
  - B. Chest compressions
  - C. Allowing chest recoil after every chest compression
  - D. Minimizing interruptions in chest compressions

12. A bed made when its about to be occupied is referred to us;
- A. Occupied bed
  - B. Closed bed
  - C. Post operative bed

D. Open bed

13. To reduce rescuers fatigue, rotate the roles at least after every;

- A. 4 cycles
- B. 3 cycles
- C. 2 cycles
- D. 5 cycles

14. To minimize interruption during resuscitation;

- A. Switch roles when AED is analyzing the rhythm
- B. Switch roles after every 5 minutes
- C. Switch roles when AED is delivering the current
- D. Switch roles when administering rescue breaths

15. If you do not feel for pulse,

- A. Start high quality CPR within 5 seconds
- B. Start high quality CPR within 15 seconds
- C. Start high quality CPR within 10 seconds
- D. Start high quality CPR within 20 seconds

16. In an adult, compression to ventilation ratio is for one rescuer is;

- A. 30 chest compression to 1 breaths
- B. 15 chest compression to 1 breaths
- C. 15 chest compression to 2 breaths
- D. 30 chest compression to 2 breaths

17. The following nurse theorist are referred to us the "lady with the lamp"

- A. Virginia Henderson
- B. Ida Jean
- C. Florence Nightgale
- D. Dorothea Orem

18. Nurses week is celebrated in;

- A. April
- B. May

- C. June
- D. July

19. The theory of "Placing the patient in right environment for nature to take its course" is associated with
- A. Florence Nightngale
  - B. Virginia Henderson
  - C. Ida jean
  - D. Dorothea Orem

20. A mass disaster is considered to have occurred when the number of casualties exceed;
- A. 10
  - B. 11
  - C. 12
  - D. 13

21. An example of natural non- biological disaster is;
- A. Food poisoning
  - B. Floods
  - C. Disease epidemics
  - D. Mass poisoning

22. In a disaster, a victim requiring possible resuscitation and early surgery is labeled;
- A. Black
  - B. Yellow
  - C. Red
  - D. Green

23. In supine position, the patient;
- A. Lies with his abdomen on the back
  - B. Lies in recovery position
  - C. Lies with head elevated at 30 degrees
  - D. Lies with his back on the bed

24. Lateral position is indicated ;
- A. When obtaining renal biopsy

- B. Post operatively
- C. When inserting suppositories
- D. In relieving abdominal distension

25. In Trendelenburg position, foot of the bed is elevated at;

- A. 30 degrees
- B. 90 degrees
- C. 60 degrees
- D. 45 degrees

26. Trendelenburg position is indicated in;

- A. Cord prolapse
- B. Thoracocentesis
- C. Postural drainage
- D. Hysterectomy

27. Normal adult pulse rate is;

- A. 80- 130 beats/min
- B. 75- 120 beats/min
- C. 60-100 beats/min
- D. 60-90 beats/min

28. Normal adult pulse rate is;

- A. 80- 130 beats/min
- B. 75- 120 beats/min
- C. 60-100 beats/min
- D. 60-90 beats/min

29. The normal reading values for axillary temperature is

- A. 36.0– 37.0 °C
- B. 32.9-37.5 °C
- C. 37.0 – 38.1 °C
- D. 36.8 – 37.9°C

30. The process that eliminates many pathogenic microorganisms with the exception of bacterial spores from an innate objects is;

- A. Cleaning
- B. Disinfection
- C. Sterilization
- D. Soaking

**SHORT ANSWER QUESTIONS. ANSWER ALL THE QUESTIONS (20 Marks)**

1. Outline, at least four (4) body areas where you can record temperature from (4 marks)
2. State four (4) assessments to be conducted on a wound (8 marks)
3. State at least three (3) purposes of bed making (3 marks)
4. Define the term “mass disaster” as defined by the World Health Organization (WHO) (2 marks)
5. Define nursing as outlined by Virginia Henderson (3 marks)

**LONG ANSWER QUESTIONS. ANSWER ALL THE QUESTIONS (20 Marks)**

1. You have just concluded a wound dressing procedure, describe how you will handle your metallic wound dressing equipment to ensure they are ready for use tomorrow (10 marks)
2. Discuss ten (10) patient rights during drug administration (10 marks)