



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

END OF TRIMESTER EXAMINATIONS JANUARY TO APRIL 2025

UNIT CODE: PHT 131

UNIT NAME: BASIC LIFE SUPPORT AND NURSING SKILLS

DATE: 16th APRIL 2025

TIME: 9am-11am

INSTRUCTIONS

1. All students will have two (2) hours to complete the examination
2. Attempt all questions as per the instruction
3. It is the student's responsibility to report any page and number missing in this paper.
4. Check that the paper is complete
5. Total number of pages is 6 including the cover.
6. Read through the paper quickly before you start.

SECTION A: MULTIPLE CHOICE QUESTIONS

(20 MARKS)

CHOOSE ONE CORRECT ANSWER

1. Following an injury, skills of Basic Life Support (BLS) are primarily focused on?
 - A. Maintaining sufficient blood circulation and breathing.
 - B. Prevent blood loss associated with fractures
 - C. Prevent death
 - D. Prevent multiple organ system failure.

2. Before providing rescue breaths for an unresponsive victim, you must check for breathing by;
 - A. Looking into the victim's mouth to see if anything is blocking the airway
 - B. Shaking or tapping the victim's shoulder to stimulate him to breathe
 - C. Checking the pupils
 - D. Looking to see if the chest rises (and falls) as the victim breathes

3. Which is the first priority when handling an unresponsive adult before arrival of an Automatic External Defibrillator (AED)
 - A. Send for AED
 - B. Call for help
 - C. Open airway
 - D. CPR 30:2

4. The leading cause of death in people aged 1-44 years of age is?
 - A. Trauma
 - B. Cancer
 - C. Cardiovascular diseases
 - D. Diabetes

5. The first link of chain of survival in basic life support is?
 - A. Early access
 - B. Early CPR
 - C. Early advanced life support
 - D. Early defibrillation

6. A victim of cardiac arrest has?
- A. No response
 - B. Complains of chest pain
 - C. Light headedness or feeling dizzy during pain
 - D. Strong cough and movement of eyebrows
7. Which one of the following is a modifiable risk factor for stroke and heart attack?
- A. Transient ischemic attack
 - B. Obesity
 - C. Diabetes mellitus
 - D. High blood cholesterol
8. 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.
9. Which medical condition will develop from severe blood loss?
- A. Shock.
 - B. Hypoglycemia.
 - C. Anaphylaxis.
 - D. Hypertension
10. Chest compression helps to?
- A. Pump blood to the brain and maintain oxygen flow to the brain
 - B. Increase blood sugar so that the victim does not faint
 - C. Jump start the heart
 - D. Allow for defibrillation
11. The rate of chest compressions in an infant is?
- A. 30 times per minute
 - B. 40 times per minute
 - C. 90 times per minute
 - D. 100 times per minute

12. 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
13. Which of the following constitutes futility of a resuscitation attempt?
- A. End stage organ failure with reversible cause
 - B. Measures that prolong life
 - C. Severely damaged brain with breathing difficulty
 - D. Advanced HIV disease with drug poisoning
14. 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.
15. What is the role of CPR in the chain of survival?
- A. To buy time
 - B. To prevent cardiac arrest
 - C. To restart the heart
 - D. To restore quality life
16. How do you treat a sprain?
- A. Apply heat immediately
 - B. Use the RICE method: Rest, Ice, Compression, Elevation
 - C. Perform abdominal thrusts
 - D. Perform CPR

17. What is the first step in treating someone in shock?
- A. Give them food and water
 - B. Lay them down and elevate their legs
 - C. Perform CPR
 - D. Give them a warm drink
18. How should you treat a person with an embedded object in their wound?
- A. Remove the object immediately
 - B. Stabilize the object and seek medical help
 - C. Apply a tourniquet
 - D. Perform CPR
19. How do you treat a chemical burn?
- A. Apply ice directly to the burn
 - B. Cover the burn with butter
 - C. Rinse the burn with cool water for at least 20 minutes
 - D. Pop any blisters that form
20. When should you perform a jaw thrust maneuver?
- A. When the person is choking
 - B. When the person is having a seizure
 - C. When there is a suspected spinal injury
 - D. When the person is in water

SECTION B: SHORT ANSWER QUESTIONS

[30 MARKS]

1. Explain six [6] signs of a fracture [6 marks]
2. State six [6] principles of first aid [6 marks]
3. Briefly describe the management of a victim after a spinal injury [6 marks]
4. Briefly describe the management of a child who has ingested poison. [6 marks]
5. Explain six [6] steps for effective triaging in emergency situations. [6 marks]

SECTION C; LONG ANSWER QUESTION

[20 MARKS]

1. Describe the procedure of admission of a patient from the the accident and emergency department to the surgical ward. [20 marks]

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