



**AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCE
DEPARTMENT OF REHABILITATION MEDICINE
BACHELOR OF SCIENCE IN PHYSIOTHERAPY
END OF MAY-AUGUST 2026 TRIMESTER EXAMINATIONS**

UNIT CODE: PHT 131 UNIT NAME: Basic Life Support and First Aid

DATE: 05/08/ 2026

TIME: TWO HOURS

START: 11: 15 am STOP : 1.15pm

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

Section A. Multiple choice question. Answer all the question. 30 Marks

1. 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. Roll the victim over and perform back blows
- C. Perform abdominal thrusts
- D. Perform blind finger sweeps

2. How can rescuers ensure that they are providing effective breaths when using a bag-mask device?

- A. Observing the chest rise with each breath
- B. Always having oxygen attached to the bag
- C. Delivering breaths quickly and forcefully
- D. Allowing air to release around the mask

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

4. Which adult victim requires high-quality CPR?

- A. Has normal breathing and has a pulse
- B. Has no normal breathing and no pulse
- C. Has a pulse and is having trouble breathing
- D. Has a strong pulse and is breathing

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

Use this scenario to answer the next 2 questions:

A 53-year-old woman collapses while gardening. She is unresponsive, is not breathing, and does not have a pulse. A neighbor, who is an emergency medical technician, rushes to her with an AED.

6. When the AED arrives, what is the first step for using it?
 - A. Apply the pads to the chest
 - B. Clear the patient
 - C. Turn on the AED
 - D. Press the Shock button
7. After the AED pads are attached to the person, the AED detects ventricular fibrillation. What is the next step when using an AED?
 - A. Press the Shock button
 - B. Follow the AED prompts
 - C. Check for a carotid pulse
 - D. Clear the patient
8. What ratio for compressions to breaths should be used for 1-rescuer infant CPR?
 - A. Give 20 compressions to 2 breaths
 - B. Give 5 compressions to 1 breath
 - C. Give 15 compressions to 2 breaths
 - D. Give 30 compressions to 2 breaths
9. What special circumstance should a rescuer consider when using an AED?
 - A. AEDs can only be used while a person is submerged in water.
 - B. On a hairy chest, the pads may not stick and may fail to deliver a shock.
 - C. They should never remove a transdermal medication patch before applying AED pads.
 - D. They should never use an AED on someone with an implanted pacemaker.
10. Why is allowing complete chest recoil important when performing high-quality CPR?
 - A. There will be a reduction of rescuer fatigue.
 - B. The rate of chest compressions will increase.
 - C. The heart will adequately refill between compressions.
 - D. It will reduce the risk of rib fractures.
11. 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 move the person, and do not use the AED
 - C. Pull the person out of the water, and wipe the chest
 - D. Do not pull the person out of the water, and wipe the chest

Use this scenario to answer the next 2 questions:

A middle-aged man collapses. You and a second rescuer go to the victim and find that he is unresponsive, is not breathing, and does not have a pulse.

12. Which action is most likely to positively impact his survival?

- A. Performing high-quality CPR
- B. Ensuring scene safety
- C. Checking the pulse frequently
- D. Providing rescue breaths

13. You and another rescuer begin CPR. After a few cycles, you notice the chest compression rate is slowing. What should you say to offer constructive feedback?

- A. "You need to compress at a rate of 80 to 120 per minute."
- B. "You need to compress at a rate of at least 100 per minute."
- C. "You need to compress at a rate of 100 to 120 per minute."
- D. "You need to compress at a rate of at least 120 per

minute." *Use this scenario to answer the next 2 questions:*

A 67-year-old man is found unresponsive, not breathing, and without a pulse. You and a second rescuer begin performing high-quality CPR.

14. When should rescuers switch positions during CPR?

- A. Never switch rescuers
- B. When placing the AED pads
- C. About every 2 minutes
- D. At 5-minute intervals

15. You notice the person giving chest compressions is not allowing for complete chest recoil. What is your next course of action?

- A. Stand back and await direction from the second rescuer
- B. Tell the rescuer the compressions are wrong
- C. Immediately take over chest compressions
- D. Tell the compressor you notice decreased chest recoil

Use this scenario to answer the next 2 questions:

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.

16. You have determined that the infant is responsive and choking with a severe airway obstruction. How do you relieve the airway obstruction?
- A. Give abdominal thrusts
 - B. Give sets of 5 back slaps and 5 chest thrusts
 - C. Encourage the infant to cough
 - D. Begin 2 thumb-encircling hands chest compressions
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. Attempt a blind finger sweep when giving breaths to remove the obstructing object
 - C. Give sets of 5 abdominal thrusts and 5 back slaps
 - D. Give sets of 5 back slaps and 5 chest thrusts
18. When you are performing CPR on an unresponsive person whom you know is choking, what modification should you incorporate?
- A. There are no modifications to CPR for an unresponsive choking victim.
 - B. You should attempt a jaw thrust instead of a head tilt-chin lift.
 - C. Each time you open the airway, you look for the obstructing object.
 - D. You do not give breaths to an unresponsive choking victim.
19. While performing high-quality CPR on an adult, what action should you ensure is being accomplished?
- A. Maintaining a compression rate of 90 to 120/min
 - B. Placing hands on the upper third of the sternum
 - C. Allowing the chest to recoil to at least 1 inch
 - D. Compressing to a depth of at least 2 inches
20. Early defibrillation is a link in the adult Chain of Survival. Why is this important to survival?
- A. It prevents respiratory arrest.
 - B. It provides normal respiration.
 - C. It prevents cardiac arrest.
 - D. It eliminates the abnormal heart rhythm.
21. Why is defibrillation important?
- A. It prevents rearrest from occurring.
 - B. It is not important for cardiac arrest.
 - C. There is a 100% success rate.
 - D. It can restore a regular cardiac rhythm.

22. "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. Mutual respect
- C. Constructive intervention
- D. Knowing your limitations

Use this scenario to answer the next 2 questions:

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.

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

- A. Two rescuers should alternate using the AED and giving 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 operate the AED while the third rescuer gives breaths.

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

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

25. "Members of the team know their boundaries and ask for help before the resuscitation attempt worsens." Match this statement with the most appropriate element of team dynamics listed.

- A. Knowledge sharing
- B. Constructive intervention
- C. Summarizing and reevaluation
- D. Knowing your limitations

26. Which of the following is the first and most effective action to control severe external bleeding?

- A. Apply a tourniquet immediately.
- B. Elevate the injured limb above the heart.
- C. Apply direct pressure to the wound.
- D. Clean the wound with antiseptic.

27. Which acronym is commonly used to recognize the signs of a stroke?
- A. CAB
 - B. FAST
 - C. SAMPLE
 - D. DRABC
28. When should a tourniquet be used in first aid?
- A. For any minor cut
 - B. When severe limb bleeding cannot be controlled with direct pressure or when the bleeding is life-threatening
 - C. For all head injuries
 - D. To reduce swelling after a sprain
29. What should be the first action if you suspect someone is having a stroke?
- A. Give the person food or water.
 - B. Let the person rest and observe for a few hours.
 - C. Activate the emergency medical services immediately.
 - D. Ask the person to walk around.
30. A conscious person with diabetes becomes sweaty, shaky, confused, and is able to swallow safely. What is the most appropriate first aid action?
- A. Give insulin immediately.
 - B. Give a sugary drink or glucose tablets.
 - C. Give only water and let them rest.
 - D. Wait for the symptoms to resolve on their own.

Section B. Short answer questions. Answer all the question (20 marks)

- 1) State the 3 aims of First Aid (3 Marks)
- 2) State 5 roles of a First Aider (5 Marks)
- 3) List the six (6) components of the SAMPLE History (3 marks)
- 4) State 5 types of shock (5 marks)
- 5) State four common signs and symptoms of a heart attack. (4 Marks)

Section C: Long answer question: Answer all the question (20 Marks)

- 1) A 52-seater bus carrying passengers overturns on Thika Superhighway during the morning rush hour. Multiple casualties are reported, traffic is heavily congested, and members of the public have started rescuing victims before emergency services arrive. As the first emergency responder on scene, describe how you would establish and manage the incident using the principles of incident management.