

CHAPTER 2 QUIZ

Write the letter of the best answer in the space provided.

- _____ 1. The stage of the dying process that can be characterized by the words “Why me?” is
A. denial. C. anger.
B. acceptance. D. depression.
- _____ 2. A type of emergency call likely to produce extreme levels of stress is one involving
A. a patient with a communicable disease.
B. injury or death of a coworker.
C. a geriatric patient.
D. narcotics.
- _____ 3. The goal of the CISD is to
A. assign blame for the incident.
B. assist patients in their recovery.
C. assist emergency care workers in dealing with stress.
D. allocate funds for ambulance services.
- _____ 4. A less structured version of the CISD, which may be held from 1 to 4 hours after an incident and before the formal debriefing, is called a(n)
A. resolution. C. escape mechanism.
B. defusing. D. R&R process.
- _____ 5. The stage of grieving in which a patient seeks to postpone death, even for a short time, is
A. anger. C. acceptance.
B. bargaining. D. denial.
- _____ 6. Organisms that cause infection, such as viruses and bacteria, are
A. toxins. C. venoms.
B. pathogens. D. poisons.
- _____ 7. The standard that assumes all blood and body fluids are infectious and requires emergency personnel to follow strict procedures to protect themselves from them is referred to as
A. infective body fluid measures.
B. isolated infection controls.
C. preventive control substance standards.
D. body substance isolation.
- _____ 8. Gloves, masks, and gowns are examples of
A. turnout gear.
B. optional field equipment.
C. personal protective equipment.
D. “red bag” gear.
- _____ 9. If a patient is suspected of having tuberculosis, an EMT should wear a _____ respirator.
A. PPD C. HEPA
B. CISD D. BSI

(continued)

- _____ 10. Lifestyle changes that can help an EMT deal with stress include all of the following *except*
- A. cut down on sugar, fat, and caffeine.
 - B. avoid exercise in your daily routine.
 - C. avoid self-medication.
 - D. keep balance in your life.
- _____ 11. Which of the following materials is *not* recommended for gloves to be used when there is the potential for contact with blood and other body fluids?
- A. latex
 - B. vinyl
 - C. cotton
 - D. synthetics
- _____ 12. Equipment used as a BSI precaution includes all of the following *except*
- A. a HEPA respirator.
 - B. vinyl gloves.
 - C. cotton scrub pants.
 - D. goggles.
- _____ 13. The process by which an object is subject to a chemical or physical substance that kills all microorganisms on the surface is
- A. sterilization.
 - B. OR cleaning.
 - C. disinfection.
 - D. scouring.
- _____ 14. A situation that would usually call for the use of a gown as protection would be one involving a
- A. drug-overdose patient.
 - B. childbirth.
 - C. suspected TB patient.
 - D. patient with a fractured leg.
- _____ 15. Dispose of all needles immediately after use in a(n)
- A. "green bag."
 - B. "HAZMAT box."
 - C. "OSHA jar."
 - D. "sharps container."
- _____ 16. The single most important way an EMT can prevent the spread of infection is
- A. up-to-date immunizations.
 - B. hand washing.
 - C. wearing a jumpsuit.
 - D. using a mask.
- _____ 17. In general, before entering a hazardous materials scene, EMTs should
- A. call for an ambulance.
 - B. put on goggles.
 - C. put on a mask.
 - D. call for a specialized HAZMAT team.
- _____ 18. The test that can detect exposure to tuberculosis is the _____ test.
- A. PSA
 - B. Mantoux
 - C. SAT
 - D. Rubella
- _____ 19. If you suspect the potential for violence at a scene, before entering it, you should
- A. call law enforcement.
 - B. turn on all lights and sirens.
 - C. put on body armor.
 - D. approach on foot.
- _____ 20. Vehicles, structures, and storage containers holding hazardous materials should be identified by
- A. signs or placards.
 - B. strobe lights.
 - C. reflectors.
 - D. warning flags.

CHAPTER 2 REVIEW

Write the word or words that best complete each sentence in the space provided.

1. Dying patients experience five emotional stages—denial, anger, _____, _____, and _____.
2. A(n) _____ _____ is a single incident in which there are multiple patients.
3. Chronic _____ brought about by work-related problems in an emotionally charged environment can lead to burnout.
4. _____, which include deep-breathing exercises and meditation, are valuable stress reducers.
5. Held within 24 to 72 hours of a critical incident, a(n) _____ is a process in which a team of trained peer counselors and mental health professionals meet with rescuers and health care providers who have been involved in the incident.
6. The state of emotional exhaustion and irritability that can markedly decrease an EMT's effectiveness in delivering medical care is called _____.
7. According to the U.S. Public Health Service, most contaminants can be removed from the skin with _____ to _____ seconds of vigorous _____.
8. Airborne _____ are spread by tiny droplets sprayed during breathing, coughing, or sneezing.
9. The strict form of infection control for emergency personnel is known as _____.
10. In addition to eye protection, gloves, and a mask, another item of personal protective equipment that should be worn when there may be significant contact with blood or other body fluids is a(n) _____.
11. As an advance safety precaution, an EMT should have a _____ test for TB every year.

(continued)

Handout 2-3 (continued)

12. The level of cleaning for items such as backboards and cervical collars, which come in contact with the intact skin of patients, is _____.
13. EMS personnel treating a patient suspected of having TB should use a(n) _____ respirator.
14. Before entering scenes involving domestic disputes, gang fights, or bar fights, an EMT should first _____.
15. When approaching a wrecked vehicle that may be carrying hazardous materials, use binoculars to try to find _____ or _____ that can identify the material as hazardous.

WELL-BEING BASICS: TRUE OR FALSE

Indicate if the following statements are true or false by writing T or F in the space provided.

- _____ 1. Emergencies are rarely stressful.
- _____ 2. All seriously ill patients pass through a five-stage grieving process.
- _____ 3. The main purpose of a CISD is to affix responsibility for the events that took place during an incident.
- _____ 4. If a CISD is thorough, follow-up is not essential.
- _____ 5. Keeping yourself safe is your first priority when providing medical care as an EMT.
- _____ 6. Diseases are caused by pathogens, which may be spread through the air or by contact with blood and/or body fluids.
- _____ 7. In the practice of prehospital emergency care, all body fluids must be considered infectious.
- _____ 8. It is imperative that the EMT changes gloves between every patient contact.
- _____ 9. Because EMTs wear protective gloves while with patients, hand washing is not essential immediately after each call.
- _____ 10. A HEPA or N-95 respirator should be worn after contact with an HIV-positive patient.
- _____ 11. In some jurisdictions, when a patient is suspected of having an infection spread by droplets, a surgical-type mask may be placed on the patient if he or she is alert and cooperative.
- _____ 12. An EMT called to a scene of suspected violence should treat any life-threatening emergencies before calling law enforcement.
- _____ 13. A copy of the *Emergency Response Guidebook* should be on board every emergency vehicle.
- _____ 14. An EMT exposed to bloodborne pathogens should seek medical attention within 4 weeks after the exposure.
- _____ 15. An EMT should make preservation of evidence at a crime scene the highest priority.

CHAPTER 2 ANSWER KEY

HANDOUT 2-1: Chapter 2 Quiz

- | | | | |
|------|-------|-------|-------|
| 1. C | 6. B | 11. C | 16. B |
| 2. B | 7. D | 12. C | 17. D |
| 3. C | 8. C | 13. A | 18. B |
| 4. B | 9. C | 14. B | 19. A |
| 5. B | 10. B | 15. D | 20. A |

HANDOUT 2-2: In the Field

1. Before approaching the truck, you should, from a safe distance, use binoculars to try to identify the placards on the truck. Check in the DOT's *Emergency Response Guidebook* to see what the placards indicate.
2. If the placards indicate the truck carries hazardous materials, call for assistance from appropriate specialized teams before attempting to assist the driver. Provide basic emergency care only after the scene is secured and patient contamination is limited. Follow your local protocols in regard to protective clothing.

HANDOUT 2-3: Chapter 2 Review

1. bargaining, depression, acceptance
2. multiple-casualty incident
3. stress
4. Relaxation techniques
5. critical incident stress debriefing
6. burnout
7. 10, 15, hand washing
8. pathogens
9. body substance isolation
10. gown
11. Purified Protein Derivative (PPD)
12. disinfection
13. HEPA (or N-95)
14. call law enforcement
15. placards, signs

HANDOUT 2-4: Well-Being Basics: Listing

1. Any five: irritability with family, friends, or coworkers; inability to concentrate; difficulty in sleeping; nightmares; loss of appetite; loss of interest in sexual activity; anxiety; indecisiveness; guilt; isolation; loss of interest in work.
2. Any four: multiple-casualty incidents; calls involving infants or children; severe injuries; abuse and neglect; death of a coworker.
3. Denial ("Not me."); anger ("Why me?"); bargaining ("OK, but first let me . . ."); depression (OK, but I haven't . . ."); acceptance ("OK, I'm not afraid.").
4. Protective eyewear (safety glasses, goggles, side shields); gloves; gown; mask (surgical type for blood or other body fluids, HEPA or N-95 respirator for patient with suspected TB).

HANDOUT 2-5: Well-Being Basics: True or False

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|------|------|-------|-------|
| 1. F | 5. T | 9. F | 13. T |
| 2. F | 6. T | 10. F | 14. F |
| 3. F | 7. T | 11. T | 15. F |
| 4. F | 8. T | 12. F | |