

Prehospital Emergency Care, 10th Edition (Mistovich/Karren)
Chapter 2 Workforce Safety and Wellness of the EMT

1) A distraught husband awoke to find his 26-year-old wife not breathing and cold to the touch. Since your assessment indicates that the woman has been dead for some time, you contact medical direction for authorization to withhold emergency care. The medical director agrees and the coroner is notified. At this time, your immediate responsibility is:

- A) establishing the time of death.
- B) preparing for the next call.
- C) determining the cause of death.
- D) providing supportive care to the husband.

Answer: D

Diff: 2 Page Ref: 19

Objective: 2-3

2) You are doing CPR on a male patient who is unresponsive, not breathing, and pulseless. Emergency Medical Responders (EMRs) were on scene first and applied the AED, which did not deliver a shock to the patient. The patient's wife is crying and asks how her husband is doing. Your response would be:

- A) "I have to be honest, he is probably dead, but we are going to take him to the hospital so the doctor can examine him and make sure."
- B) "Why don't we wait until we get to the hospital to talk about your husband's condition?"
- C) "Right now he is not breathing and his heart is not beating, but we are doing everything we possibly can for him."
- D) "I am not a doctor, but if we get him to the hospital very quickly, I am sure he will be just fine."

Answer: C

Diff: 2 Page Ref: 19

Objective: 2-3

3) The practice of protecting yourself from disease transmission through exposure to blood and other body fluids is referred to as:

- A) standard precautions.
- B) exposure control.
- C) personal protective equipment.
- D) body fluid precautions.

Answer: A

Diff: 1 Page Ref: 26

Objective: 2-1

4) An EMT is correct when he describes a communicable disease as:

- A) any of a number of diseases that are deadly once contracted.
- B) a disease that can be spread from one person to another.
- C) any disease that is caused and spread by a viral agent.
- D) a disease for which no immunization or treatment exists.

Answer: B

Diff: 2 Page Ref: 24

Objective: 2-1; 2-11

5) Which one of the following is the single best technique that the EMT can use to prevent the spread of infection?

- A) Disinfecting equipment
- B) Wearing gloves
- C) Washing hands
- D) Getting immunizations

Answer: C

Diff: 1 Page Ref: 26

Objective: 2-11

6) The EMT is correctly performing routine hand washing when she:

- A) uses an alcohol-based hand sanitizer without water.
- B) rinses with hot water after using a disinfectant soap.
- C) lathers and scrubs with plain soap for 10 to 15 seconds.
- D) dries hands thoroughly for 30 seconds with a reusable towel.

Answer: C

Diff: 2 Page Ref: 26

Objective: 2-11; 2-13

7) A patient with human immunodeficiency virus (HIV) is complaining of chest pain. In this situation, what personal protective equipment is most appropriate?

- A) Gloves and eyewear
- B) Gloves and gown
- C) Gloves, gown, and N-95 respirator
- D) Gloves, gown, goggles, and mask

Answer: A

Diff: 2 Page Ref: 24; 30

Objective: 2-11; 2-14

8) The hospital staff has just returned the long spine board you used to immobilize a patient from a minor motor vehicle collision. There is no blood on the board, but your service policy states that all equipment is to be disinfected any time that it is used. To properly disinfect the long spine board, what should you use?

- A) Soap and water
- B) Sterilizing solution
- C) Germicidal solution
- D) Superheated steam

Answer: C

Diff: 2 Page Ref: 28

Objective: 2-11

9) Which one of the immunizations should the EMT receive annually?

- A) Purified protein derivative
- B) Measles, mumps, and rubella vaccine
- C) Hepatitis-B vaccine
- D) Influenza vaccine

Answer: D

Diff: 2 Page Ref: 28

Objective: 2-15; 2-16

10) You have been told that you must get your annual purified protein derivative (PPD) test for tuberculosis (TB). As a knowledgeable EMT, you recognize that the PPD will:

- A) provide continued immunity to tuberculosis.
- B) determine if you have been exposed to TB.
- C) reveal if you need a TB immunization.
- D) determine the effectiveness of treatment for TB.

Answer: B

Diff: 2 Page Ref: 28

Objective: 2-15

11) Which one of the following statements made by an EMT shows that he has an accurate understanding of hepatitis C?

- A) "It is important to get the hepatitis C vaccine to decrease my chance of contracting the disease if exposed."
- B) "Wearing gloves and washing hands are the best means by which to prevent the transmission of hepatitis C to health care workers."
- C) "Since hepatitis C is primarily transmitted in the spring and summer, more precautions are needed during that time."
- D) "Respiratory droplets are the primary means by which hepatitis C is transmitted, making a mask necessary."

Answer: B

Diff: 3 Page Ref: 24; 26; 29

Objective: 2-16

12) While assessing a patient with abdominal pain, the patient informs you that he is a chronic carrier of hepatitis B. His skin is not jaundiced (yellow colored) nor does he have a fever. As an EMT, you realize:

- A) the patient has the disease but is not infectious.
- B) the hepatitis B vaccine will not protect you if exposed.
- C) the patient's blood and body fluids are infectious.
- D) a mask must be placed over the patient's mouth.

Answer: C

Diff: 3 Page Ref: 28-29

Objective: 2-16

13) You are treating a patient with active tuberculosis (TB). Which of the following will afford you the best protection from the disease?

- A) Surgical mask with a face shield
- B) Purified protein derivative injection
- C) Gloves, gown, and goggles
- D) High-efficiency particulate aspirator mask

Answer: D

Diff: 2 Page Ref: 24; 29

Objective: 2-11; 2-16

14) A patient informs you that he was recently diagnosed with the human immunodeficiency virus (HIV), but has yet to develop AIDS. Which one of the following statements is true?

- A) Until the patient develops AIDS, he is not infectious.
- B) Family members should not share his hand towels or utensils.
- C) The hepatitis B and C vaccines provide the EMT limited protection from transmission.
- D) Gloves will be enough protection unless body fluids are present.

Answer: D

Diff: 2 Page Ref: 24; 30

Objective: 2-13; 2-16

15) You are the first to arrive on the scene of a motor vehicle collision. The scene size-up reveals a tanker truck on its side with an unresponsive driver in the cab. Multiple bystanders are around the cab waving for you to come over and help the driver. Your immediate action should be to:

- A) order the bystanders away from the truck.
- B) determine what material the truck is carrying.
- C) assess and extricate the patient.
- D) make certain the tanker is not leaking.

Answer: A

Diff: 2 Page Ref: 31-32

Objective: 2-17

16) You are dispatched to a motor vehicle collision on a remote country road. It is night and your scene size-up reveals a heavily damaged car that rolled several times. The driver has been ejected and is lying prone in the middle of the road. In this situation, which one of the following types of protective clothing is it most essential that you don prior to making patient contact?

- A) Rubber-soled boots
- B) Reflective vest
- C) Protective helmet
- D) HEPA mask

Answer: B

Diff: 2 Page Ref: 33

Objective: 2-11; 2-17

17) As EMTs leave a house where the patient refused care, a panicked boy approaches them and states that some men just shot his friend in a house two doors up the street. Their immediate action would be:

- A) instruct the boy to carry the patient from the house to the yard.
- B) gather basic equipment and go to the home to care for the patient.
- C) notify dispatch and proceed to the home to care for the patient.
- D) contact the police and move the ambulance from the immediate area.

Answer: D

Diff: 2 Page Ref: 33-34

Objective: 2-17

18) You are transporting a 58-year-old female suffering from terminal breast cancer. While in the ambulance, she becomes tearful and repeatedly asks, "Why me?" As a knowledgeable EMT, you recognize that she is in what stage of grieving?

- A) Anger
- B) Denial
- C) Bargaining
- D) Depression

Answer: A

Diff: 2 Page Ref: 18-19

Objective: 2-2

19) A reaction to death or dying where the patient asserts "Not me!" is recognized as what stage of grieving?

- A) Anger
- B) Denial
- C) Bargaining
- D) Depression

Answer: B

Diff: 2 Page Ref: 18-19

Objective: 2-2

20) Which one of the following statements should you expect from a patient who has accepted the fact that he is terminally ill?

- A) "It is just not fair."
- B) "It's okay. I am not afraid."
- C) "I have no energy to even think anymore."
- D) "I cannot go on like this any longer."

Answer: B

Diff: 2 Page Ref: 18-19

Objective: 2-2

21) Organisms that cause diseases are correctly called:

- A) pathogens.
- B) toxins.
- C) antigens.
- D) antibodies.

Answer: A

Diff: 1 Page Ref: 23

Objective: 2-1

22) A reference tool that should be placed in every emergency vehicle for use when responding to a possible “hazmat” incident is:

- A) The Emergency Response Guidebook.
- B) The Physician’s Desk Reference.
- C) The Merck Manual.
- D) List of chemicals processed by local industry.

Answer: A

Diff: 1 Page Ref: 31; 32

Objective: 2-11; 2-17

23) For your safety and that of your crew, you should:

- A) request police assistance on all calls.
- B) search each and every patient for weapons.
- C) evaluate every scene for dangers before entering.
- D) ensure the availability of a paramedic for most medical calls.

Answer: C

Diff: 1 Page Ref: 23; 33

Objective: 2-11

24) You have worked with the same partner for several years and know him well. Over the past three months the two of you have had four horrific pediatric calls with death as the outcome of each. Which observation would make you the most suspicious that your partner is experiencing a possible stress reaction?

- A) Excessive and uncharacteristic irritability
- B) Request to be scheduled for night shifts
- C) Interest in going back to school to study accounting
- D) Statement that he intends to drop to part-time status

Answer: A

Diff: 2 Page Ref: 20; 21

Objective: 2-6

25) Changes in your lifestyle that may help you manage stress include:

- A) eating a high-protein and fatty diet.
- B) concentrating on your job 24 hours a day.
- C) self-medication with over-the-counter medicines.
- D) practicing relaxation techniques such as meditation.

Answer: D

Diff: 1 Page Ref: 21

Objective: 2-18

26) You have just been instructed to stop emergency care on an unresponsive and pulseless 61-year-old man found by his wife in the bathroom. After telling his wife that there is nothing more that can be done, she erupts in an episode of rage and starts screaming that there must be something else that can be done and you are not doing your job well enough. In this situation, which action is best?

- A) Resume resuscitation for another 5 minutes.
- B) Be tolerant of the angry reaction.
- C) Leave the scene immediately.
- D) Contact medical direction for advice.

Answer: B

Diff: 2 Page Ref: 19

Objective: 2-3

27) After a particularly disturbing call the previous day, your partner is unusually angry and having a difficult time concentrating on his work. What type of stress reaction would you be suspicious of?

- A) Acute stress reaction
- B) Post-traumatic stress reaction
- C) Physical stress reaction
- D) Cumulative stress reaction

Answer: A

Diff: 2 Page Ref: 20

Objective: 2-5

28) A coworker is suffering from post-traumatic stress. Which one of the following statements is most appropriate and beneficial to the coworker?

- A) "It would be best to take a few weeks off from work."
- B) "Maybe you can get the medical director to write a prescription for some medication."
- C) "I think that it would be best if you saw a mental health professional."
- D) "How about taking a Benadryl before bed to promote restful sleep?"

Answer: C

Diff: 2 Page Ref: 20

Objective: 2-9; 2-10

29) A prospective student is interested in becoming an EMT, but is unsure how it will affect his family. He says that his wife is very worried about the danger associated with EMS and has never had to deal with him being gone for 24 hours at a time. Which of the following is the most appropriate response?

- A) "The long hours actually make things easier since there is less time to argue."
- B) "I have found that the family becomes used to it and things are okay after about six months."
- C) "It may help to bring your wife here so she can see what we do and the safety precautions we take."
- D) "I would just tell her that everything will be okay and avoid talking about work when you are home."

Answer: C

Diff: 1 Page Ref: 22

Objective: 2-8; 2-18

30) You and your partner were among several rescuers on a call involving a house fire in which a 4-year-old girl died. That night, your partner states that he did not sleep well and is extremely bothered by the little girl's death. The next day he calls you and states that he is so upset that he is now having chest pain. Your response would be:

- A) "Why don't you request a week off of work to get things sorted out."
- B) "Maybe you should get an appointment with a behavioral health professional."
- C) "Perhaps we need to have a critical incident stress debriefing so we can all talk."
- D) "You really need to get yourself to the emergency department to get checked out."

Answer: D

Diff: 2 Page Ref: 20

Objective: 2-5; 2-6

31) You would be concerned about cumulative stress when an EMS provider informs you that he:

- A) is physically tired and would like one week of unpaid leave to recuperate.
- B) drinks a small amount of alcohol every night to help him sleep.
- C) is taking prescribed antidepressants to treat mild depression.
- D) is bothered by a call he had yesterday and does not feel like talking.

Answer: B

Diff: 3 Page Ref: 20

Objective: 2-5; 2-6

32) A shooting at a public mall leaves three people dead and nine injured, several critically. As operations wind down, many rescuers are physically and emotionally upset. Which of the following is most appropriate at this time?

- A) A critical incident stress debriefing session (CISD)
- B) A discussion on how to reduce cumulative stress
- C) A gathering that allows the rescuers to vent their emotions
- D) Providing information about mental health programs

Answer: C

Diff: 2 Page Ref: 23

Objective: 2-10

33) A tornado ripped through a small town, killing five and seriously injuring 21, including several young children. At a defusing session, which one of the following is most appropriate?

- A) Allow the rescuers to vent their emotions.
- B) Evaluate and critique the rescue effort.
- C) Provide information on stress reduction techniques.
- D) Have a mental health professional talk with the rescuers.

Answer: A

Diff: 2 Page Ref: 23

Objective: 2-10

34) If you have questions regarding the steps to take when exposed to an infectious disease, your best resource would be:

- A) The department of Health and Human Services.
- B) Your service's written exposure control plan.
- C) Your service's medical director.
- D) Your primary care physician or ED physician.

Answer: B

Diff: 1 Page Ref: 25

Objective: 2-13; 2-14

35) You have just transferred care of a patient to an emergency department nurse. There is no blood, fluid, or dirt on your gloves. After taking them off, your priority action would be:

- A) use an alcohol-based hand sanitizer.
- B) disinfect the stretcher and equipment.
- C) wash your hands with soap and water.
- D) complete the prehospital care report.

Answer: C

Diff: 1 Page Ref: 26

Objective: 2-11

36) A 38-year-old male is complaining of generalized weakness and fatigue. Assessment findings include abdominal pain, fever, and yellowing of the eyes. Given these signs and symptoms, you would be suspicious of:

- A) hepatitis.
- B) tuberculosis.
- C) AIDS.
- D) West Nile virus.

Answer: A

Diff: 1 Page Ref: 28-29

Objective: 2-16

37) You are accidentally stuck with a needle used to administer a medication to a patient with a known history of hepatitis B. You have already completed your hepatitis B vaccine series. In this case, which of the following statements is true?

- A) You have complete protection from hepatitis B and no further action is needed.
- B) You have two weeks from the time of exposure to start medical care for a potential infection.
- C) You will have to get another series of three vaccines to give you protection in the future.
- D) You need to report the needle stick to your supervisor as soon as possible.

Answer: D

Diff: 2 Page Ref: 28-29

Objective: 2-11

38) A patient with a history of hepatitis C has called 911 because he has a headache. Given the complaint and medical history, which personal protective equipment is most appropriate?

- A) Goggles
- B) Gloves
- C) Gloves and gown
- D) No protection is needed.

Answer: B

Diff: 1 Page Ref: 31; 24; 29

Objective: 2-11; 2-16

39) The major primary threat to a person with acquired immune deficiency syndrome (AIDS) is:

- A) infection.
- B) organ damage.
- C) heart failure.
- D) weight loss.

Answer: A

Diff: 1 Page Ref: 29-30

Objective: 2-16

40) In the field setting, the best way to avoid becoming infected with human immunodeficiency virus (HIV) is:

- A) avoid unnecessarily touching patients with confirmed HIV.
- B) always ask a patient if they have HIV or acquired immunodeficiency syndrome (AIDS).
- C) always wear gloves, goggles, and a gown for all patient contact.
- D) use the appropriate protective personal equipment.

Answer: D

Diff: 1 Page Ref: 28-29

Objective: 2-11; 2-16

41) You are by the side of a patient you suspect to be suffering from severe acute respiratory syndrome (SARS). Which one of the following is the most effective way to prevent transmission of the disease from the patient to you?

- A) Use eye protection or a face shield.
- B) Use an alcohol-based hand sanitizer frequently during transport.
- C) Place a surgical mask on the patient.
- D) Sterilize all equipment used in the care of the patient.

Answer: C

Diff: 1 Page Ref: 24; 30

Objective: 2-11; 2-16

42) You have been called to transport a patient from one medical facility to another. The patient has vancomycin-resistant enterococci (VRE), but does not have any open wounds and is medically stable. Which one of the following is most appropriate?

- A) Place a surgical mask on the patient.
- B) Place a surgical mask on the patient and yourself.
- C) Use an N-95 respirator or HEPA mask.
- D) Use the appropriate personal protective equipment (PPE).

Answer: D

Diff: 2 Page Ref: 30-31

Objective: 2-11; 2-16

43) Which one of the following organisms is classified as multi-drug resistant?

- A) Methicillin/oxacillin-resistant *Staphylococcus aureus*
- B) Hepatitis B and hepatitis C viruses
- C) Human Immunodeficiency virus (HIV)
- D) Acquired immunodeficiency syndrome (AIDS)

Answer: A

Diff: 1 Page Ref: 30-31

Objective: 2-1; 2-16

44) Which one of the following statements best characterizes the reason for wearing a high-visibility safety vest at the scene of a motor vehicle collision?

- A) Wearing the vest makes an EMT easily identifiable.
- B) You cannot rely on other drivers to notice you on the scene of the emergency.
- C) Federal law requires that you wear the vest or the emergency service can be fined.
- D) The vest increases your visibility and protects you from blood and body fluids.

Answer: B
Diff: 2 Page Ref: 33
Objective: 2-14

45) Which one of the following actions taken by an EMT illustrates the best effort toward well-being in the field of EMS?

- A) Taking a body-building class
- B) Avoiding all alcohol and fatty foods
- C) Creating a healthy balance between work and family life
- D) Establishing a relationship with a mental health professional

Answer: C
Diff: 1 Page Ref: 21-22
Objective: 2-18

46) After 20 minutes of performing CPR on a 65-year-old female with end stage multiple sclerosis, your medical director orders you to stop resuscitation and inform the family that the patient has died. Family is upset and crying. You notice the patient's daughter holding her hand. Your immediate response would be:

- A) "It's okay to hold her hand, but you should really use gloves like we do."
- B) "It's important not to touch her since she may be infectious from her disease."
- C) "I know that you are upset, but it is best not to touch her since she just passed."
- D) "It's okay to hold her hand; you can touch her face and hair as well."

Answer: D
Diff: 3 Page Ref: 19
Objective: 2-3

47) A young girl with end-stage cancer is unresponsive, not breathing, and pulseless. Her mother and father are by her side, both crying as you start emergency care. Which statement indicates the most appropriate action?

- A) "I think that it would be best for you both to leave the room so we can care for your daughter."
- B) "If you feel comfortable, it's okay to stay and watch how we care for your daughter."
- C) "It is important not to cry since she may still be able to hear you and needs you to be strong for her."
- D) "I can show you how to do chest compressions so that you can take part in caring for your daughter."

Answer: B
Diff: 3 Page Ref: 19
Objective: 2-3

48) A patient with terminal lung cancer has called EMS for shortness of breath. At the request of your paramedic partner, you are getting the patient's blood pressure. While inflating and then deflating the blood pressure cuff, the patient angrily shouts, "That thing is too tight ... what are you trying to do, send me to the funeral home a couple of weeks early!" Your best reply would be:

- A) "I have to get your blood pressure. The paramedic needs it."
- B) "Why are you so mad at me? I am just trying to help you."

- C) "I know that this is tight. I am just about done now."
- D) "Do not yell at me. There is no need for yelling and I do not appreciate it."

Answer: C
Diff: 3 Page Ref: 19
Objective: 2-3

49) As an EMT, you would recognize which of the following as holding the greatest potential for causing emotional stress?

- A) Lifting and moving an obese patient from a second-floor bedroom
- B) Being required to show up for a shift 15 minutes prior to its start
- C) Caring for a child whose parents have appeared to have neglected him
- D) Providing care for many patients over the course of a shift

Answer: C
Diff: 2 Page Ref: 20
Objective: 2-4

50) Regarding "burnout" and the Emergency Medical Services, which statement is most accurate?

- A) Employers are required to have a written plan addressing EMT burnout.
- B) Burnout can diminish an EMT's ability to provide competent care.
- C) Research indicates that burnout affects all EMS personnel within a five-year period.
- D) Burnout often tends to resolve on its own over time.

Answer: B
Diff: 2 Page Ref: 20-21
Objective: 2-5

51) Your supervisor has assigned you the task of designing a program that provides for stress management within the department. Which program would accomplish this task the best?

- A) Complementary passes to a local fitness center
- B) Mandatory monthly meeting with a mental health counselor
- C) Doughnuts and coffee every morning for all EMS personnel
- D) Weekly night out for beer, wings, and other snacks at a local eatery

Answer: A
Diff: 3 Page Ref: 21
Objective: 2-7

52) An EMT has an understanding of the different types of pathogens when she states:

- A) "Bacteria tend to be larger than viruses and can be seen without a microscope."
- B) "Protozoa are considered parasitic worms and can live within the human body."
- C) "Fungal infections typically attack the immune systems of healthy persons."
- D) "Viruses are resistant to antibiotics because they live within the body's cells."

Answer: D
Diff: 1 Page Ref: 23-24
Objective: 2-12

53) You are bedside at a long-term care facility for an 89-year-old female with an infected area on her back. Staff states that they are fearful that it is a methacillin/oxacillin-resistant

staphylococcus aureus (MRSA) infection so they have requested transport to the emergency department for further evaluation. To decrease your chance of acquiring MRSA, which of the following is critical?

- A) Washing your hands following patient contact
- B) Placing a mask on the patient
- C) Washing the infection with an alcohol sanitizer prior to transport
- D) Avoiding unnecessarily touching the patient

Answer: A

Diff: 2 Page Ref:30-31

Objective: 2-13

54) A nurse has informed you that two days ago you transported a diabetic patient whose ulceration on his foot tested positive for methacillin/oxacillin-resistant *staphylococcus aureus* (MRSA). Given this information, you would:

- A) have your blood glucose level tested.
- B) request an antibiotic from the ED physician.
- C) have blood drawn to determine presence or absence of MRSA.
- D) No further action is needed at this time.

Answer: D

Diff: 2 Page Ref: 30-31

Objective: 2-16

55) You are attempting to increase your cardiovascular endurance in an effort to better perform your job as an EMT. Which of the following would be most appropriate in working toward this goal?

- A) Increasing sleep to 8 to 10 hours a day
- B) Weight lifting with attention to the upper body
- C) Walking on a treadmill 3 to 4 times a week
- D) Stretching exercises every 4 hours while awake

Answer: C

Diff: 2 Page Ref: 34

Objective: 2-18

56) A coworker is constantly tired and asks you for advice on how to better sleep after a busy night shift. Which of the following responses would best address this situation?

- A) "A small amount of alcohol can be relaxing and effective in helping you to sleep."
- B) "Try to make your bedroom dark and keep the temperature cool."
- C) "Research has shown that exercising prior to bed helps you fall asleep faster."
- D) "Try eating a meal before going to bed since digestion makes you drowsy."

Answer: B

Diff: 3 Page Ref: 35

Objective: 2-18; 2-7