## Mosby's Paramedic Textbook, 4<sup>rd</sup> Edition

Test Bank

## Chapter 2: The Well-Being of the Paramedic

## MULTIPLE CHOICE

- 1. Two main components of wellness are physical well-being and:
- A. Adequate nutrition
- B. Prevention of disease
- C. Physical fitness
- D. Mental and emotional health

ANS: D REF: 23 OBJ: 1-2.1, 1-2.2

- 2. Carbohydrates are obtained primarily from:
- A. Plant foods
- B. Fats
- C. Proteins
- D. Animal muscles

ANS: A REF: 23 OBJ: 1-2.4

- 3. A paramedic eats a diet rich in cold-water fish and canola oil. If the paramedic continues this diet, she can expect:
- A. Lowering blood cholesterol from an abundance of saturated fats
- B. Lowering blood cholesterol from polyunsaturated fats
- C. Rising blood cholesterol from trans fats
- D. Rising blood cholesterol from unsaturated fats

ANS: B REF: 23 OBJ: 1-2.4

- 4. Fats found primarily in meat and dairy products that raise cholesterol levels in the blood are called:
- A. Saturated fats
- B. Polyunsaturated fats
- C. Monounsaturated fats
- D. Omega-3 fatty acids

ANS: A REF: 23 OBJ: 1-2.4

<ul> <li>5. Which of the following is true of cholesterol?</li> <li>A. Cholesterol is found in all foods of animal origin</li> <li>B. Cholesterol is heavily concentrated in lean muscle</li> <li>C. Cholesterol has no helpful purpose and should be eliminated from the body</li> <li>D. Cholesterol forms in the pancreas</li> </ul>						
AN	IS:	A	REF:	23	OBJ:	1-2.4
<ul> <li>6. Essential amino acids are:</li> <li>A. Produced in the body</li> <li>B. Derived from carbohydrate sources</li> <li>C. Obtained from food sources</li> <li>D. Vitamins that can be ingested as tablets</li> </ul>						
AN	IS:	В	REF:	24	OBJ:	1-2.4
<ul> <li>7. Water-soluble vitamins:</li> <li>A. Are stored in the liver and pancreas</li> <li>B. Are inorganic substances</li> <li>C. Include vitamins A, D, E, and K</li> <li>D. Must be ingested through daily food intake</li> </ul>						
AN	IS:	D	REF:	24	OBJ:	1-2.4
<ul> <li>8. Antioxidants are also called:</li> <li>A. Free-radical scavengers</li> <li>B. Free radicals</li> <li>C. Vitamin A</li> <li>D. Carcinogens</li> </ul>						
AN	IS:	A	REF:	24	OBJ:	1-2.4
<ul> <li>9. Approximately what percentage of the human body is composed of water?</li> <li>A. 25%</li> <li>B. 35%</li> <li>C. 45%</li> <li>D. 55%</li> </ul>						
AN	IS:	D	REF:	26	OBJ:	1-2.4

A. B. C.	<ul> <li>O. A paramedic is talking to a patient with newly identified heart disease. Which of the following dietary guidelines provides good advice for this patient?</li> <li>A. Eat one or two servings of fruits or vegetables daily</li> <li>B. Limit cholesterol to 200 mg a day</li> <li>C. Favor foods with trans fats over those with polyunsaturated fats</li> <li>D. Limit salt intake to about 12 grams (4800 mg sodium) daily</li> </ul>						
AN	IS: B	REF:	26	OBJ:	1-2.3, 1-2.4		
A. B.	the target zone f 20 40 60				n should aim to keep his or her heart rate in diovascular endurance.		
AN	IS: A	REF:	27	OBJ:	1-2.6		
A. B. C.	<ul> <li>During a routine physical, a paramedic's BMI is calculated at 32. The paramedic is:</li> <li>A. Underweight</li> <li>B. At a healthy weight</li> <li>C. Moderately overweight</li> <li>D. Severely overweight</li> </ul>						
AN	IS: D	REF:	27	OBJ:	1-2.5		
A. B. C.	<ul> <li>13. Isometric exercises are exercises that:</li> <li>A. Move a joint through a range of motion</li> <li>B. Increase muscle bulk considerably</li> <li>C. Strengthen muscles at joint angles</li> <li>D. Use resistance to a movable object to create tension</li> </ul>						
AN	IS: C	REF:	27	OBJ:	1-2.6		
<ul> <li>14. A paramedic working 12-hour daylight shifts for 3 days followed by three 12-hour night shifts would expect to have disturbances in his or her:</li> <li>A. Solar day rhythm</li> <li>B. Circadian rhythm</li> <li>C. Lunar tide rhythm</li> <li>D. Circular rhythm</li> </ul>							
AN	IS: B	REF:	28	OBJ:	1-2.7		

<ul> <li>15. Periods of sleepiness and wakefulness are influenced by the level of:</li> <li>A. Melatonin and cortisol</li> <li>B. Estrogen and progesterone</li> <li>C. Insulin and cortisol</li> <li>D. Melatonin and testosterone</li> </ul>						
AN	IS: A	REF:	28	OBJ:	1-2.7	
<ul> <li>16. A patient with total cholesterol of 200 mg/dL, LDL of 160 mg/dL should:</li> <li>A. Attempt to raise the LDL; this number is too low</li> <li>B. Try to lower overall cholesterol intake</li> <li>C. Make sure that the VLDL numbers are at least 200 mg/dL</li> <li>D. Decrease foods high in HDL</li> </ul>						
AN	IS: B	REF:	29	OBJ:	1-2.4	
<ul> <li>17. Most infectious diseases can be avoided by:</li> <li>A. Cooking foods thoroughly to kill bacteria</li> <li>B. Drinking water that has been boiled for at least 10 minutes</li> <li>C. Hand washing and following universal precautions</li> <li>D. Asking patients to wear a mask</li> </ul>						
AN	IS: C	REF:	29	OBJ:	1-2.30,1-2.31	
<ul> <li>18. When lifting and moving patients, which of the following principles help to prevent injury?</li> <li>A. Move backward rather than forward when possible</li> <li>B. Take long steps if walking</li> <li>C. Bend at the waist, not at the knees</li> <li>D. Keep the load close to the body</li> </ul>						
AN	IS: C	REF:	29	OBJ:	1-2.9	
A. B. C.	An apprehensive Anxiety Depression Guilt Stress	uneasin	ess or painful o	dread ab	oout an impending event is known as:	
AN	IS: A	REF:	31	OBJ:	1-2.19,1-2.20	

A. B. C.	The positive stre Distress Eustress Prostress Antistress	ss that is	s considered to	be prote	ective is called:
AN	IS: B	REF:	32	OBJ:	1-2.19
A. B. C.	The alarm reactic Autonomic nervo Central nervous Peripheral nervoor Asomatic nervoor	ous syste system ous syste	em m	ponse is	s mediated by the:
AN	IS: A	REF:	33	OBJ:	1-2.17
A. B. C.	During the alarm The pupils const Blood pressure of ACTH is release The bronchial tre	trict drops ed	•	stress re	sponse:
AN	IS: C	REF:	33	OBJ:	1-2.17
A. B. C.	A veteran param developed Desensitization Resistance Tolerance Capacity				nergency calls for 15 years. The person has
AN	IS: B	REF:	33	OBJ:	1-2.23
A. B.	or her home life	is also s	tressful. The pa	aramedi	ssful emergency calls with no stress relief. His c has begun to lose concentration at work and ic is suffering from:
	Delusions				

ANS: C REF: 34 OBJ: 1-2.18,1-2.19

- 25. The need to be liked is a type of:
- A. Psychosocial stress
- B. Environmental stress
- C. Behavioral stress
- D. Personality stress

ANS: D REF: 34 OBJ: 1-2.21

- 26. An active process in which one gathers information and uses it to change or adjust to a new situation is called:
- A. Coping
- B. Mastery
- C. Defense mechanism
- D. Projection

ANS: A REF: 34 OBJ: 1-2.23

## Common Defense Mechanisms

A paramedic has been under extreme stress due to forced overtime following a flood in the local township. A small child was killed in the flood and the paramedic attempted to resuscitate the patient. The paramedic has not been able to deal with rising stress levels and is beginning to employ some defense mechanisms to deal with this elevated stress.

- 27. If the paramedic tries to keep the memories of the attempted resuscitation of the child out of conscious memory, he or she is employing:
- A. Repression
- B. Projection
- C. Reaction formation
- D. Compensation

ANS: A REF: 35 OBJ: 1-2.21,1-2.23,1-2.26

- 28. If the paramedic begins to criticize the patient care skills of other paramedics to cover for his or her own perceived mistakes in resuscitating the child, the paramedic is employing:
- A. Repression
- B. Projection
- C. Reaction formation
- D. Compensation

ANS: B REF: 35 OBJ: 1-2.23.1-2.26

- 29. If the paramedic continues to be frustrated by the forced overtime but enthusiastically tells co-workers that he or she welcomes the overtime and the opportunity to help the flood victims, the paramedic is employing:
- A. Repression
- B. Projection
- C. Reaction formation
- D. Compensation

ANS: C REF: 35 OBJ: 1-2.23,1-2.26

- 30. Critical-incident stress management is designed to:
- A. Allow emergency workers opportunities to vent their feelings
- B. Look objectively at an emergency response and find what went wrong
- C. Determine the fault for the unsuccessful outcome of an emergency response
- D. Give medical direction the opportunity to provide a learning example based on an emergency response

ANS: A REF: 36 OBJ: 1-2.24

- 31. Critical-incident stress debriefings should be held:
- A. Two weeks after an incident
- B. After any situation in which workers are exposed to significant stress
- C. When five or more rescuers have difficulty dealing with an incident
- D. If a paramedic feels anxious when responding to emergency calls

ANS: B REF: 37 OBJ: 1-2.25

- 32. A "why me?" response in the grieving process is an example of:
- A. Denial
- B. Anger
- C. Depression
- D. Bargaining

ANS: B REF: 38 OBJ: 1-2.27

- 33. Elisabeth Kübler-Ross's stages of death and dying are:
  - A. Experienced in order by most grieving families
  - B. Not rigid and may fluctuate among stages and order in each person
  - C. Usually complete within 60 to 90 days following the death of a loved one
  - D. Experienced only by the dying patient, not the family members

ANS: B REF: 38 OBJ: 1-2.27

- 34. An 80-year-old woman has just died in her home. Her anxious family members ask you how she is doing. Which of the following responses is most appropriate?
- A. "She has passed on."
- B. "She is no longer with us."
- C. "She is gone."
- D. "She has died."

ANS: D REF: 38 OBJ: 1-2.28

- 35. Three- to six-year-old children dealing with death and dying:
- A. Are typically matter-of-fact and accept the death at face value
- B. Are not old enough to be affected by a death in the family
- C. May engage in magical thinking and feel responsible for the death
- D. May want a detailed explanation of what has happened

ANS: C REF: 39 OBJ: 1-2.29