

15. Periods of sleepiness and wakefulness are influenced by the level of:
- A. Melatonin and cortisol
 - B. Estrogen and progesterone
 - C. Insulin and cortisol
 - D. Melatonin and testosterone

ANS: A REF: 28 OBJ: 1-2.7

16. A patient with total cholesterol of 200 mg/dL, LDL of 160 mg/dL should:
- A. Attempt to raise the LDL; this number is too low
 - B. Try to lower overall cholesterol intake
 - C. Make sure that the VLDL numbers are at least 200 mg/dL
 - D. Decrease foods high in HDL

ANS: B REF: 29 OBJ: 1-2.4

17. Most infectious diseases can be avoided by:
- A. Cooking foods thoroughly to kill bacteria
 - B. Drinking water that has been boiled for at least 10 minutes
 - C. Hand washing and following universal precautions
 - D. Asking patients to wear a mask

ANS: C REF: 29 OBJ: 1-2.30,1-2.31

18. When lifting and moving patients, which of the following principles help to prevent injury?
- A. Move backward rather than forward when possible
 - B. Take long steps if walking
 - C. Bend at the waist, not at the knees
 - D. Keep the load close to the body

ANS: C REF: 29 OBJ: 1-2.9

19. An apprehensive uneasiness or painful dread about an impending event is known as:
- A. Anxiety
 - B. Depression
 - C. Guilt
 - D. Stress

ANS: A REF: 31 OBJ: 1-2.19,1-2.20

20. The positive stress that is considered to be protective is called:

- A. Distress
- B. Eustress
- C. Prostress
- D. Antistress

ANS: B REF: 32 OBJ: 1-2.19

21. The alarm reaction phase of a stress response is mediated by the:

- A. Autonomic nervous system
- B. Central nervous system
- C. Peripheral nervous system
- D. Asomatic nervous system

ANS: A REF: 33 OBJ: 1-2.17

22. During the alarm reaction phase of the stress response:

- A. The pupils constrict
- B. Blood pressure drops
- C. ACTH is released
- D. The bronchial tree constricts

ANS: C REF: 33 OBJ: 1-2.17

23. A veteran paramedic has been responding to emergency calls for 15 years. The person has developed _____ to the alarm response.

- A. Desensitization
- B. Resistance
- C. Tolerance
- D. Capacity

ANS: B REF: 33 OBJ: 1-2.23

24. A paramedic has been exposed to repeated stressful emergency calls with no stress relief. His or her home life is also stressful. The paramedic has begun to lose concentration at work and is withdrawing from co-workers. This paramedic is suffering from:

- A. Depression
- B. Paranoia
- C. Chronic anxiety
- D. 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