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## CHAPTER 3: TAKING ACTION AND CARING FOR BREATHING EMERGENCIES

### Multiple Choice

Circle the correct answer.

- 1. One of the first steps to follow in an emergency is—**
    - a. Transporting the victim to the hospital.
    - b. Planning for an emergency.
    - c. Documenting what happened.
    - d. Performing an initial assessment.
  - 2. Why should you conduct an initial assessment in every situation?**
    - a. To protect you from legal actions
    - b. To identify any life-threatening conditions
    - c. To protect the victim and bystanders from dangers at the scene
    - d. To reassure the victim
  - 3. Advanced medical personnel should be summoned for all of the following conditions EXCEPT—**
    - a. Chest pain or discomfort that lasts 3 to 5 minutes or that goes away and comes back.
    - b. Severe headache or slurred speech.
    - c. Breathing problems (difficulty breathing or no breathing).
    - d. A yellowing of the skin.
  - 4. Breathing barriers help to—**
    - a. Protect against disease transmission.
    - b. Restart the heart.
    - c. Maintain breathing.
    - d. Reduce the amount of oxygen in a victim's blood.
  - 5. The care given to an adult who is not breathing, but has a pulse (respiratory arrest) is—**
    - a. 5 abdominal thrusts, with each thrust being a distinct attempt to dislodge the object.
    - b. Modified-H.A.I.N.E.S. recovery position.
    - c. Rescue breaths at a rate of 1 breath every 3 seconds.
    - d. Rescue breaths at a rate of 1 breath every 5 seconds.
  - 6. You find an unconscious 6-year-old boy. After sizing up the scene and obtaining consent, you perform an initial assessment and determine that the boy has a pulse, but is not moving or breathing. How often do you need to breathe for him?**
    - a. Once every 3 seconds
    - b. Once every 5 seconds
    - c. Once every few minutes
    - d. About every minute
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7. You are caring for a victim in an emergency who may have ingested drugs. The victim suddenly becomes hostile, violent and threatening. As a professional rescuer, what should you do?
- Continue to attempt to treat the victim because he needs your care.
  - Attempt to restrain the victim until he calms down.
  - Remove yourself from harm, observe the victim and wait for law enforcement to arrive.
  - Leave the scene. It is too dangerous to remain on site.
8. In an emergency, move a victim only when not moving him or her will cause further harm to the victim or the rescuer. Which of the following includes examples of such a situation?
- Explosions, fire, toxic gas exposure or unstable structures in the immediate vicinity
  - Confined downed power lines, moving traffic or domestic animals
  - Unstable structures a block away or power outages
  - Rainstorms, moving traffic or power outages
9. When checking for signs of life during the initial assessment, the rescuer is looking for—
- Circulation and breathing.
  - Chest and arm movement.
  - Circulation and chest movement.
  - Movement and normal breathing.

## Matching

Match each term with the correct definition.

10.

- A. Two-person seat carry
- B. Clothes drag
- C. Blanket drag
- D. Walking assist
- E. Foot drag
- F. Pack-strap carry

- \_\_\_ Used to move a clothed victim who you think may have a head, neck or back injury.
  - \_\_\_ Used to help a victim who needs assistance walking to safety.
  - \_\_\_ Used to move a victim too large to carry or move otherwise.
  - \_\_\_ Used to carry a conscious victim who cannot walk and has no suspected head, neck or back injury.
  - \_\_\_ Used to move an unconscious victim in an emergency situation when rescue equipment is limited.
  - \_\_\_ Used to help move a conscious or unconscious victim with no suspected head, neck or back injury.
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**A. Bag-Valve-Mask Resuscitator (BVM)**

**B. Resuscitation Mask**

**C. Face Shield**

- A lightweight, plastic cover that lies across the victim's face with a one-way valve that enables a rescuer to provide rescue breathing and reduces the risk of disease transmission.
- A hand-held device used primarily to ventilate a victim in respiratory arrest, but also used for a victim in respiratory distress.
- A flexible, dome-shaped device that covers the victim's mouth and nose, creating a seal that allows the rescuer to provide rescue breathing and can be connected to oxygen.

## Multiple Answers

Place a check next to the correct answer or answers.

12. Signs that a victim may be suffering from hypoxia include—

- Decreased breathing and heart rates
- Blue lips and nail beds
- A change in the level of consciousness
- Sleeplessness
- Chest pain
- Increased breathing and heart rates
- Hot, flushed skin
- Restlessness

## True or False

Circle True or False.

- 13. True    False    **When you give rescue breaths to a victim of a nonfatal submersion, the victim will probably vomit.**
  - 14. True    False    **When caring for a conscious choking infant, use a combination of 5 back blows and 1 chest thrust.**
  - 15. True    False    **Using a resuscitation mask when giving rescue breaths promotes safe practices that reduce the risk of transmitting bloodborne pathogens.**
  - 16. True    False    **When giving care to an unconscious choking child, open the mouth and immediately sweep for the object after giving 5 chest thrusts. Then try 2 rescue breaths again.**
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## Fill in the Blanks

17. A breathing emergency occurs if a victim has difficulty breathing, and is called respiratory \_\_\_\_\_.
18. In a breathing emergency if a victim stops breathing, it is known as respiratory \_\_\_\_\_, or respiratory failure.
19. Rescue breathing is a technique for delivering \_\_\_\_ into a victim to give him or her the oxygen needed to survive.
20. Abdominal thrusts compress the abdomen, forcing the diaphragm \_\_\_\_\_, which increases pressure in the lungs and airway. This forces trapped air out of the lungs and pushes the object out of the airway.
21. When performing rescue breathing on an adult, give \_\_\_\_ breath every \_\_\_\_\_ seconds with the exhaled breaths lasting for approximately \_\_\_\_\_ second.
22. When performing rescue breathing on a child or infant, give \_\_ breath every \_\_\_\_\_ seconds with the exhaled breaths lasting for approximately \_\_\_\_ second.
23. If you give an unconscious adult rescue breaths and they do not make the chest clearly rise, reposition the airway by tilting the \_\_\_\_\_ further back and then try the \_\_\_\_\_ again.

## Ordering

Place in the correct order.

24. Place in the correct order the steps necessary to administer an intramuscular injection using an auto-injector.
  - \_\_\_ Remove the safety cap from the auto-injector.
  - \_\_\_ Give the used auto-injector to EMS personnel.
  - \_\_\_ Push the injector firmly against the victim's thigh until the injector is activated.
  - \_\_\_ Locate the lateral (outside) portion of the victim's thigh, midway between the waist and knee.
  - \_\_\_ Hold the injector in place until the medication is injected (about 10 seconds).

## Short Answer

25. Name the three steps to follow in an emergency.
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**26. List in the correct order the four steps necessary to properly complete an initial assessment.**

**27. List three characteristics of the breathing device known as a face shield.**

**28. Name three situations in which a lone responder would Care First, that is, provide 2 minutes of care, then call 9-1-1 or the local emergency number.**

**29. Name three situations in which you would use an auto-injector on a victim.**

**30. What five steps should the responder take BEFORE assisting or administering epinephrine to a victim?**

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