
CHAPTER 4: CARDIAC EMERGENCIES

Multiple Choice

Circle the correct answer.

- 1. Signs and symptoms of a heart attack include—**
 - a. Chest pain that lasts less than 1 minute.
 - b. Nausea, shortness of breath or difficulty breathing.
 - c. Dry, red, hot skin.
 - d. Inability to speak in full sentences.
- 2. Which of the following is NOT a specific link in the Cardiac Chain of Survival?**
 - a. Early recognition of the emergency and early access to EMS
 - b. Early CPR
 - c. Early defibrillation
 - d. Early rescue
- 3. You see an older man collapse. You do the initial assessment and find the man has no pulse and is not moving or breathing. You begin CPR. How many chest compressions and rescue breaths do you give in each cycle?**
 - a. 10 chest compressions and 2 rescue breaths
 - b. 15 chest compressions and 1 rescue breath
 - c. 30 chest compressions and 2 rescue breaths
 - d. 5 chest compressions and 2 rescue breaths
- 4. Another name for a heart attack is—**
 - a. Commotio cordis.
 - b. Cardiovascular infraction.
 - c. Myocardial infarction.
 - d. Angina pectoris.
- 5. What is the most important action step to take to care for a person you think may be experiencing a heart attack?**
 - a. Put the victim in a comfortable position and loosen any restrictive clothing.
 - b. Call 9-1-1.
 - c. Obtain the victim's consent.
 - d. Check airway, breathing and circulation.

Matching

Match each term with the correct definition.

- 6. A. Early recognition of the emergency and early access to EMS**
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B. Early cardiopulmonary resuscitation (CPR)

C. Early defibrillation

D. Early advanced medical care.

- EMS personnel who provide more advanced medical care and transport the victim to the hospital.
- An electrical shock that may restore a normal heart rhythm.
- Compressions and ventilations provided by a rescuer to a victim to help supply oxygen to the brain and other vital organs to keep the victim alive.
- The sooner advanced medical personnel or the local emergency number is called, the sooner they can take over.

True or False

Circle True or False.

7. Indicate which of the following statements about aspirin therapy are true and which are false.

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|------|-------|---|
| True | False | Aspirin can help alleviate the signs and symptoms of a heart attack. |
| True | False | Aspirin therapy has a slow onset of action and is useful throughout the treatment of a heart attack. |
| True | False | The risk of overdose is low if two chewable baby aspirin (162 mg) are given. |
| True | False | Adult aspirin tablets at or below 5-grain should be avoided. |
| True | False | If aspirin is not available, acetaminophen is recommended. |
| True | False | A victim who has been successfully resuscitated from a cardiac arrest should under no circumstances be given aspirin. |

Fill in the Blanks

8. When the muscle of the heart suffers a loss of oxygenated blood, the result is a _____, or heart attack.
 9. If you are a lone responder, _____ First, meaning call 9-1-1 or the local emergency number before providing care for an unconscious adult victim or child age 12 or older.
 10. If you are a lone responder, _____ First for an unconscious victim younger than 12 years old.
 11. _____ First if you suspect a cardiac emergency.
 12. _____ First situations are likely to be related to _____ emergencies rather than cardiac emergencies.
 13. When performing CPR on an adult, give _____ compressions followed by _____ rescue breaths at a rate of about _____ compressions per minute where the compression depth is _____ to _____ inches.
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14. When performing CPR on a child or infant, give cycles of _____ compressions and _____ rescue breaths at a depth of _____ to _____ inches for a child and _____ to _____ inch for an infant.

Ordering

Place in the correct order.

15. Place in order the steps necessary to administer aspirin to a victim experiencing a heart attack.

- _____ Call 9-1-1 or the local emergency number or summon advanced medical personnel immediately.
- _____ If local protocols or medical directives allow, ask the victim if he or she has any allergies to aspirin, suffers from stomach ulcers or stomach disease, uses blood thinners or has been told by doctors not to take aspirin.
- _____ Make the victim as comfortable as possible.
- _____ Evaluate the victim for signs and symptoms of a heart attack.
- _____ If the victim denies any contraindications for aspirin, offer two chewable (162 mg) baby aspirins or up to one 5-grain (325mg) adult aspirin tablet with a small amount of water.

Short Answer

16. List five signs or symptoms of a heart attack.

17. Name four steps that responders should take BEFORE assisting or administering aspirin to a victim.
