

Emergency First Response®

Independent Learning

Self-study

Instructor Knowledge Reviews



Emergency First Response® Instructor Course

Knowledge Review

Program Standards

After reading the *Emergency First Response Primary and Secondary Care Instructor Guide* – Section One and the introductions to Sections Two, Three and Four, answer the following questions (*circle or write in your response*):

1. *True or False.* Emergency First Response Primary Care (CPR) and Secondary Care (First Aid) courses are medically based, following the same priorities of care used by professional emergency care providers.
2. The Emergency First Response Primary Care (CPR) course focuses on emergency care for _____ situations and teaches emergency responders to monitor a patient using the _____ of primary care.
 - a. nonlife threatening/ABCD'S
 - b. critical/ABCs
 - c. most life threatening/ABCD'S
 - d. nonbreathing/BLS
3. *True or False.* The Emergency First Response Secondary Care (First Aid) course covers secondary patient assessment assuming that Emergency Medical Services personnel are immediately available.
4. Key features of the Emergency First Response program learning philosophy include: (*Check all that apply.*)
 - a. Establishing retention through repetition and practice.
 - b. Providing a low-stress educational environment.
 - c. Creating an encouraging atmosphere that focuses on positive reinforcement.
 - d. Increasing knowledge retention through content simplification and independent study.
5. Goals for both the Emergency First Response Primary Care (CPR) and Secondary Care (First Aid) courses include: (*Check all that apply.*)
 - a. Provide a learning environment that reduces participant anxiety, guilt and fear of imperfect performance.
 - b. Increase the percentage of CPR and first aid-trained laypersons who use their skills without hesitation to assist those in need.
 - c. Combine CPR and first aid into one simple Emergency Responder protocol that promotes long-term memory retention.
 - d. Minimize skill development and practice time, while maximizing lectures.
 - e. Teach an internationally consistent course flexible enough to accommodate regional CPR and first aid protocols and cultural differences.

6. After successfully completing the Emergency First Response Primary Care (CPR) course, participants should be able to: *(Check all that apply.)*
 - a. Perform a scene assessment and use barriers appropriately.
 - b. Perform a patient responsiveness check and alert Emergency Medical Service at the appropriate time within the primary care sequence.
 - c. Determine when CPR is appropriate and perform one rescuer, adult CPR.
 - d. Splint suspected skeletal injuries.
 - e. Explain the importance and timeliness of defibrillation within the CPR protocol.
7. *True or False.* After successfully completing the Emergency First Response Secondary Care (First Aid) course, participants should be able to perform initial and ongoing assessments of an injured or ill person when Emergency Medical Service personnel will be delayed.
8. The Emergency First Response Primary Care (CPR) and Secondary Care (First Aid) courses are divided into what three segments?
 - a. Instructor lectures, skill demonstration and skill practice
 - b. Knowledge development, skill development and scenario practice
 - c. Independent study, video review and skill practice
 - d. Learning objectives, performance requirements and skill evaluation
9. *True or False.* Because teaching situations differ, your instructional approach can be very flexible and may include one (or a combination) of these approaches – Independent Study, Video Guided and Instructor Led.
10. Having participants study independently with the Emergency First Response Participant Manual and Video results in: *(Check all that apply.)*
 - a. Participants who are better prepared for skill development.
 - b. Less need to establish base concepts in the classroom, allowing more time for skill development and scenario practice
 - c. More time to focus on regional CPR and first aid differences.
 - d. Better use of instructor and participant time.
11. *True or False.* Emergency First Response program standards may need modification based on regional guidelines, laws or requirements.
12. Who may enroll in an Emergency First Response Primary Care (CPR) course?
 - a. Anyone, of any age, with an interest.
 - b. Adults (18 years of age or older).
 - c. Only people who have proof of previous CPR training.
 - d. Anyone eight years of age or older.
13. *True or False.* People who enroll in an Emergency First Response Secondary Care (First Aid) course having taken CPR training through another organization need an orientation to these three primary care course subjects – Serious Bleeding Management, Shock Management and Spinal Injury Management.
14. The participant-to-Emergency First Response Instructor ratio is:
 - a. 4:1
 - b. 8:1
 - c. 12:1
 - d. 16:1
15. *True or False.* The participant-to-Emergency First Response Instructor ratio increases to a maximum of 20:1 when using two qualified assistants.

16. A qualified assistant is defined as:
- A current Emergency First Response Instructor.
 - A current CPR/first aid instructor with another regionally recognized organization.
 - A trained medical professional such as a paramedic, EMT, nurse practitioner, etc.
 - All of the above.
17. The maximum participant-to-mannequin ratio is:
- a. 4:1 b. 8:1 c. 12:1 d. 16:1
18. *True or False.* It's recommended that CPR mannequins used for Emergency First Response Primary Care (CPR) courses are capable of simulating an airway obstruction if the airway is not positioned properly.
19. Which of the following items must Emergency First Response Instructors have when teaching the Emergency First Response Secondary Care (First Aid) course? (*Check all that apply.*)
- Roller and triangle bandages
 - Emergency First Response Primary and Secondary Care Instructor Guide
 - Splints
 - Gloves and barriers
20. *True or False.* Emergency First Response Instructors must submit a Course Completion Authorization to Emergency First Response for each participant successfully completing the course.
21. To keep completion cards current, Emergency Responders need to refresh their skills every:
- 6 months
 - 12 months
 - 24 months
 - 36 months
22. An Emergency First Response Refresher for the Primary Care (CPR) course should include: (*Check all that apply.*)
- Skill Development portion of the Primary Care (CPR) course.
 - Instructor Led Knowledge Development presentations
 - Review of any new developments or changes to primary care techniques
 - All of the above.
23. *True or False.* Participants must complete and turn in the Knowledge Review from their Emergency First Response Participant Manuals and take the written exam to successfully complete the Emergency First Response Primary Care (CPR) course.
24. During skill development and scenario practice, the ideal practice group is made up of _____ participants playing the roles of _____.
- 2/Emergency Responder and patient.
 - 3/Emergency Responder, patient and guide
 - 3/Emergency Responder, bystander and victim
 - 4/Emergency Responder, patient, guide and qualified assistant

25. When using the Video Guided Approach for skill development, place the following steps in the proper sequence (*place a 1 next to the first step, 2 next to the second, etc.*)
- ___ Divide participants into practice groups and have them practice skill by referring to their Emergency First Response Participant Manuals.
 - ___ Introduce the skill – cover performance requirements, value and briefly go over key points.
 - ___ Demonstrate the skill by reviewing the critical steps.
 - ___ Debrief the skill providing positive reinforcement and suggestions for improvement.
 - ___ Show appropriate skill portion of the video.
26. *True or False.* Scenario practice allows each participant to demonstrate the ability to evaluate the scene, recall critical steps and take appropriate action.



Emergency First Response® Instructor Course

Knowledge Review

Care for Children

After reading the *Emergency First Response Care for Children Instructor Guide*, answer the following questions:

1. *True or False.* The Emergency First Response Care for Children course only covers primary care procedures for aiding children ages 1 through puberty.
2. *True or False.* Emergency First Response Care for Children course is based on emergency considerations and protocols from the consensus view of the Basic Life Support (BLS) Working Group and the Pediatric Working Group of the International Liaison Committee on Resuscitation (ILCOR).
3. The Care for Children course: *(Check all that apply.)*
 - a. assumes that an Emergency Medical Service (EMS) is available to support Emergency Responder care.
 - b. follows the same priorities of care used by professional emergency care providers.
 - c. requires participants to have previous CPR or first aid training
 - d. follows consistent international guidelines, yet is flexible enough to accommodate regional CPR and first aid protocols and cultural differences.
4. The Care for Children course includes _____ primary and secondary care skills and _____ recommended skill.
 - a. 8 / 3
 - b. 12 / 1
 - c. 13 / 2
 - d. 12 / 3
5. *True or False.* Anyone interested in learning emergency care specific to children and infants may take this course because there are no certification or licensure prerequisites and no minimum age limit.
6. The participant-to-Care for Children Instructor ratio is:
 - a. 4:1
 - b. 8:1
 - c. 12:1
 - d. 16:1
7. Which of the following are you required to have as a Care for Children Instructor when teaching the course? *(Check all that apply.)*
 - a. *Emergency First Response Care for Children Instructor Guide*
 - b. *Emergency First Response Care for Children Participant Manual*
 - c. CPR Infant Mannequin
 - d. CPR Mannequin – child or adult
 - e. Ventilation barrier
 - f. Blankets or towels
 - g. Bag marked biohazard for disposal of barriers
 - h. Triangle bandages
8. *True or False.* You may integrate the Care for Children course content with the Emergency First Response Primary Care (CPR) and/or Secondary Care (First Aid) courses.

9. To keep a Care for Children completion card current, an Emergency Responder needs to refresh skills every:
 - a. 6 months
 - b. 12 months
 - c. 24 months
 - d. 36 months
10. Which of the following are knowledge development topics from the Care for Children course? (*Check all that apply.*)
 - a. Definitions and Explanations
 - b. Medical Emergencies and Children
 - c. Helping Others in Need
 - d. Leading a Healthy Lifestyle
 - e. The Emotional Aspects of Caring for Children
 - f. Preventing Common Injuries or Illness
11. *True or False.* The Care for Children course takes the approach that barrier use is a matter of personal choice when assisting a child, however, it's a good idea to protect yourself and the child against disease transmission especially when helping a child unknown to you.
12. *True or False.* Participants must complete and turn in the Care for Children Knowledge Review from their Emergency First Response Care for Children Participant Manuals and take the written exam to successfully complete course.
13. *True or False.* Because procedures for handling choking in children vary internationally, you should teach participants the protocols appropriate for your area based on the three variations (Americas, Asia Pacific and Europe) provided in the Care for Children Instructor Guide and Participant Manual.
14. Rescue breaths with a child or infant should last no more than _____ second(s).
 - a. 3
 - b. 4
 - c. 1
 - d. 2
15. *True or False.* During CPR, chest compressions for a child or infant should be at a rate of 100 compressions per minute.
16. The ratio of chest compressions to rescue breaths during one rescuer, child or infant CPR is:
 - a. 15:2
 - b. 3:1
 - c. 30:2
 - d. 5:2

Emergency First Response® Instructor Course

Knowledge Review

Human Body Systems

After reading the section on Human Body Systems in the *Emergency First Response Instructor Guide*, answer the following questions (*circle or write in your response*):

- What three systems of the human body are most involved in life-threatening emergencies? (*Choose one.*)
 - Circulatory, muscular, respiratory
 - Circulatory, respiratory, nervous
 - Circulatory, skeletal, nervous
 - Circulatory, respiratory, lymphatic
- What is the general purpose of the respiratory system? (*Check all that apply.*)
 - To supply the body with oxygen
 - To remove oxygen from the body
 - To supply the body with carbon dioxide
 - To remove carbon dioxide from the body
- The pharynx divides into two passageways, the _____ and the _____.
 - epiglottis/esophagus
 - esophagus/trachea
 - trachea/epiglottis
 - trachea/bronchi
- The air we breathe contains about _____ oxygen.
 - 21 percent
 - 30 percent
 - 50 percent
 - 72 percent
- True or false.* Rescue breaths do not contain enough oxygen to support a nonbreathing patient.
- Without oxygen, the brain begins to die within a few _____.
 - Seconds
 - Minutes
 - Hours
 - None of the above
- True or false.* The circulatory system transports both blood and lymph.
- A healthy, average size adult's body has about _____ of blood.
 - 3 litres/quarts
 - 6 litres/quarts
 - 10 litres/quarts
 - 12 litres/quarts
- The purpose of blood is to: (*Check all that apply.*)
 - Transport oxygen and nutrients to cells
 - Carry carbon dioxide and other waste products away from cells
 - Help the body defend against disease
 - Help regulate body temperature
- Which blood component is the largest?
 - Red blood cells
 - White blood cells
 - Plasma
 - Platelets
- True or false.* Ventricular fibrillation is the term used for normal heart rhythm.

12. Contraction of the heart propels blood through the arteries with considerable force. That force is called:
 - a. Pulse
 - b. Ventricular fibrillation
 - c. Artery stretching
 - d. Blood pressure
13. When an artery is cut, bleeding _____ and is _____ in color.
 - a. Flows steadily/dark red
 - b. Clots easily/bright red
 - c. spurts rhythmically/bright red
 - d. Oozes slowly/dark red
14. Two arteries used as pressure points to reduce serious bleeding are the _____ and the _____.
 - a. Brachial in the arm/femoral in the leg
 - b. Carotid in the neck/brachial in the arm
 - c. Carotid in the neck/radial in the wrist
 - d. Brachial in the arm/radial in the wrist
15. Which areas of the body contain lymph nodes? (*Check all that apply.*)
 - a. Neck
 - b. Armpits
 - c. Groin
 - d. Spleen
16. *True or false.* The primary purposes of the lymphatic system are to return fluids that have collected in tissues, to the bloodstream; and to filter foreign particles, microorganisms and other tissue debris from the body.
17. The two main organs of the central nervous system are:
 - a. Heart and brain
 - b. Brain and spinal cord
 - c. Heart and spinal cord
 - d. Spleen and brain
18. What types of information are transmitted to and from the brain? (*Check all that apply.*)
 - a. Sensory information
 - b. Motor functions
 - c. Involuntary functions
 - d. Levels of consciousness
19. How is the central nervous system protected from injury? (*Check all that apply.*)
 - a. Tissue layers surrounding the spinal cord
 - b. The skull and vertebrae
 - c. Blood vessels
 - d. Cerebrospinal fluid
20. True or False. The digestive and urinary systems provide the body with essential nutrients and remove waste product.
21. What purpose(s) does the skeletal system have? (*Check all that apply.*)
 - a. Support and protect internal organs
 - b. Store minerals
 - c. Produce red blood cells and certain types of white blood cells
 - d. Eliminate waste products
22. Injuries to bones include (*Check all that apply.*)
 - a. Sprains
 - b. Dislocations
 - c. Fractures
 - d. Breaks or cracks
23. Pushing bodily substances, such as food and blood, through the body is one of the primary purposes of the _____ system.
 - a. Digestive
 - b. Musculatory
 - c. Nervous
 - d. Lymphatic
24. *True or false.* Muscles need a rich supply of carbon dioxide and nutrients delivered by the blood to accomplish their specific jobs within the body.

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Medical Emergencies

After reading the section on Medical Emergencies in the *Emergency First Response Instructor Guide*, answer the following questions (*circle or write in your response*):

- You should suspect a fracture if, after a fall or a blow, the following signs or symptoms are present: (*Check all that apply.*)
 - A limb appears to be in an unnatural position
 - A limb is unusable
 - There is rapid swelling or bruising
 - There is extreme pain at a specific point
- True or false.* Dislocations occur when a great deal of pressure is placed on a joint.
- Minor cuts, scrapes and bruises are non life-threatening wounds which include which of the following? (*Check all that apply.*)
 - Lacerations
 - Scratches
 - Deep cuts
 - Bumps
- Signs of wound infection include: (*Check all that apply.*)
 - Redness
 - Tenderness
 - Presence of yellowish/greenish fluid at the wound site
 - Drowsiness
- To administer first aid for bruises, apply _____ compresses, and _____, if possible.
 - cold/elevate above the heart
 - cold/splint the joints above and below the bruise
 - hot/elevate about the heart
 - hot/splint the joints above and below the bruise
- When transporting a dislodged tooth to the dentist:
 - Keep it submerged in alcohol
 - Keep it frozen
 - Keep it submerged in saline solution, milk or water
 - Allow it to dry out
- Strains and sprains are _____ muscles, tendons and ligaments: (*Check all that apply.*)
 - Injured
 - Fractured
 - Stretched
 - Torn
- True or false.* It's best to avoid using an area of the body that has been strained or sprained.
- Patient care for a chemical splash in the eye includes flushing the eye with water for _____; or until EMS arrives.
 - 1 minute
 - 5 minutes
 - 10 minutes
 - 15 minutes

10. Contact with electricity can cause life threatening injuries such as: *(Check all that apply.)*
- Choking
 - Cardiopulmonary arrest
 - Deep burns
 - Internal tissue damage
11. Never put _____ on a burn. *(Check all that apply.)*
- Ice
 - A moist, sterile bandage
 - Butter
 - Ointment
12. *True or false.* A severely hypothermic patient will likely be conscious and alert, yet shivering and displaying slightly impaired coordination.
13. _____ affects surface skin; _____ affects entire tissue layers, including muscles, tendons, blood vessels and nerves.
- Superficial frostbite/Deep frostbite
 - Frostnip/Superficial frostbite
 - Deep frostbite/Superficial frostbite
 - Frostnip/Deep frostbite
14. Heat stroke _____: *(Check all that apply.)*
- Patients have cool and clammy skin
 - Is life-threatening
 - Is a temperature-related injury
 - Is when the body temperature rises dangerously high
15. *True or false.* Heart attack patients may deny that chest discomfort is serious enough for emergency medical care.
16. Patient care for a responsive heart attack patient includes: *(Check all that apply.)*
- Illness assessment
 - Help patient take any prescribed medication for chest pain
 - Help patient into a comfortable position
 - Administer CPR
17. *True or false.* Strokes occur when the heart fibrillates, forcing too much blood into the brain.
18. Diabetic problems, such as insulin shock, insulin reaction or hypoglycemia, result from _____.
- High blood pressure
 - High blood sugar
 - Low blood proteins
 - Low blood sugar
19. Patient Care for diabetic emergencies includes: *(Check all that apply.)*
- Giving the conscious/responsive patient a small snack, sugar, juice, soda or candy
 - Helping the patient take a prescribed medication for diabetes (such as insulin)
 - Illness assessment, if the patient is responsive
 - Looking for a medical alert tag
20. When caring for a patient having a seizure: *(Check all that apply.)*
- Attempt to cushion patient's head
 - Restrain the patient
 - Move objects out of the way
 - Protect the patient

21. Mild allergic reactions are usually not life threatening and usually controlled by _____.
- Antihistamines
 - Epinephrine
 - Antibiotics
 - Ibuprofen
22. *True or false.* Poisoning can occur through ingestion, inhalation or absorption through the skin.
23. In the event of suspected poisoning, contact a local Poison Control Center and _____: *(Check all that apply.)*
- If available, explain what, when and how much poison was ingested
 - If available, read the label on substance for poisoning instructions
 - Offer the patient food
 - Save vomitus and the poison container for EMS personnel
24. Reaction to venomous bites and stings depends on the location of the bite or sting and how much venom was injected. The patient's reaction to the venom will also depend on the patient's _____.
- Size
 - Current health
 - Body chemistry
 - Age