

American Heart Association

Heartsaver CPR

Adult Module

Pretest

February 2001

Heartsaver CPR Course Adult Module Pretest

Please do not mark on this examination. Record the best answer on the separate answer sheet.

- 1. You are in a basement corridor of your workplace. Ahead you see a middle-aged man slump against the wall and slide to the floor. You check him and find that he is unresponsive. You shout for help but no one is available to help. What should you do next?**
 - a. Leave the victim to activate the emergency response system (and get the AED if available); then return to the victim to begin CPR
 - b. Activate the emergency response system; wait at an intersecting hallway to direct the emergency responders
 - c. Place the victim in a recovery position and remain with the victim until the arrival of emergency responders with appropriate equipment
 - d. Perform CPR for 1 minute, then leave the victim to activate the emergency response system

- 2. During a meeting a 56-year-old female coworker complains of severe discomfort and pressure in her chest and dizziness. She insists that she is OK and denies having pain, but she looks pale and sweaty and appears to be in extreme distress. What should you do?**
 - a. Have her lie down and rest for 10 minutes to see if that helps
 - b. Immediately drive her to the nearest Emergency Department
 - c. Ask her if she would like you to call her doctor
 - d. Phone 911 to activate the EMS system

- 3. Victims of heart attack pain often delay phoning 911, and some never phone the EMS system. Which of the following statements is the most accurate explanation for this behavior?**
 - a. People often deny that their symptoms might be caused by a heart attack
 - b. Symptoms of a heart attack come and go, so it is prudent to wait up to 1 hour to avoid a "false alarm"
 - c. If family members are trained in CPR, the victim can wait and ask someone to provide transportation to the hospital if the signs persist
 - d. If you phone the EMS system, transport to the hospital actually takes longer than if the victim drives to the hospital or asks a family member to provide transportation

4. **Your supervisor suffers a sudden cardiac arrest during a meeting. Which of the following would give him the best chance of survival?**
- CPR and defibrillation begun by EMS personnel upon arrival
 - CPR performed only by highly skilled EMS personnel upon arrival
 - Immediate CPR and defibrillation within minutes (no more than 3 to 5 minutes)
 - Immediate CPR with defibrillation at the hospital
5. **You have entered a local fitness center. You see a middle-aged man on a treadmill stumble off the treadmill, collapse to his knees, and then slump to the floor. You are the first person to reach the man, and no one has responded to your shouts for help. What is the first thing you should do?**
- Activate the emergency response system and wait at the front door to direct the emergency responders
 - Check for responsiveness; if the victim is unresponsive, activate the emergency response system, then return to the victim to begin CPR
 - Place the victim in a recovery position until the arrival of emergency responders with appropriate equipment
 - Give 2 slow mouth-to-mouth breaths
6. **You are a volunteer at a local senior citizens' center. You are talking with a 69-year-old resident when she suddenly makes a strange noise. When you look at her, her face looks different—it "droops" on one side and she is drooling. You ask if she is OK, but she only stares at you with a frightened look. She remains awake, responsive, and seated, although she is leaning to one side. What should you do?**
- Phone 911 immediately and state that you are with a woman with possible stroke symptoms
 - Wait and watch for several minutes and see if she gets better
 - Call her family and ask them to drive her to her doctor's office
 - Check her purse and see if you can find a medicine bottle or address book with her doctor's name and emergency phone number
7. **At a local fitness center you see an adult basketball player trip and fall backward, striking his head sharply against the concrete wall. He slides to the ground and remains immobile on his back. You confirm that the man is unresponsive, and you send his friend to phone 911. What should you do next?**
- Open the airway using the head tilt–chin lift technique
 - Open the airway using the head tilt–jaw thrust technique
 - Wait for EMS personnel to open the airway because the man may have a head or neck injury
 - Open the airway using the jaw-thrust technique

- 8. Before giving rescue breaths to an unresponsive victim, you must check breathing. You do this by listening and feeling for airflow through the victim's nose or mouth. In addition, what other sign should you assess?**
- a. Look into the victim's mouth to see if anything is blocking his airway
 - b. Gently shake the victim's shoulders
 - c. Check the pupils and look for a response to light
 - d. Look to see if the chest rises (and falls) as the victim breathes
- 9. You are providing rescue breaths with a pocket mask during CPR. Which of the following best describes the amount of air (volume) you should provide during rescue breathing?**
- a. Twice as much air as you would during mouth-to-mouth breathing because most of the air will leak out
 - b. Enough air to cause the chest to rise clearly
 - c. As much as possible
 - d. You can't know how much air to give until you calculate the volume based on the victim's weight
- 10. A teenage girl has been pulled from a swimming pool. Her friends said that she suddenly sank while treading water. You send someone to phone 911 while you open the airway and check breathing. The girl is not breathing, so you deliver 2 effective rescue breaths. After you deliver the rescue breaths, you check for signs of circulation and note some movement but still no breathing. How many rescue breaths should you give per minute?**
- a. About 20 per minute (once every 3 seconds)
 - b. About 18 per minute (once every 3½ seconds)
 - c. About 10 to 12 per minute (once every 5 seconds)
 - d. About 6 times per minute (once every 10 seconds)
- 11. You are providing mouth-to-mask rescue breathing during 2-rescuer CPR. Why is it important to deliver the breaths slowly?**
- a. Slow ventilations give more time for oxygen to be in contact with the blood in the lungs and will correct hypoxia more quickly
 - b. The rescuer does not become as tired
 - c. Slow ventilations enable delivery of the same volume of air at lower pressure and reduce the risk of gastric inflation
 - d. The slow delivery of breaths allows you to deliver less volume at a higher pressure

- 12. You are providing rescue breaths during an attempted resuscitation of an elderly man. Which of the following statements is the most reliable sign that you are giving good, effective rescue breaths?**
- a. The chest rises with each breath that you deliver
 - b. The victim's color turns pink
 - c. The victim starts to breathe spontaneously
 - d. You hear air leak around your mouth or the barrier device
- 13. You are at a restaurant when you see a woman who appears to be in distress. She is grasping her throat with her hand, and she looks frantic. What should you do to find out if she is choking?**
- a. Give her 5 back blows
 - b. Give her 5 abdominal thrusts
 - c. Ask her "Are you choking?" to see if she nods or can speak
 - d. Shake her and shout "Are you OK?"
- 14. You pull out a face shield that you carry in your wallet to provide rescue breathing to a person who is unresponsive and not breathing. You notice that the barrier device is torn and you are unable to use it to provide effective rescue breaths. Which of the following most accurately states the relative risks and benefits of mouth-to-mouth breathing without a barrier device?**
- a. Mouth-to-mouth rescue breathing may be lifesaving for victims and is safe for rescuers
 - b. The risk of acquiring an infection during mouth-to-mouth breathing is high, and rescue breathing is unlikely to be beneficial for the victim
 - c. It is impossible to provide rescue breathing without a barrier device
 - d. Rescue breathing is no longer needed during CPR
- 15. You are performing CPR for a coworker who was found unresponsive, slumped over his desk. 911 has been called. The man has been moved to the floor. You open his airway and hear "snoring" or gasping breaths, but they occur only occasionally. What should you do?**
- a. Provide 2 rescue breaths because this man is not breathing normally
 - b. Turn the man to the recovery position and wait for emergency personnel
 - c. Begin chest compressions at a rate of about 100 per minute
 - d. Provide abdominal compressions because the man is choking

- 16. A 40-year-old man collapses at the fitness center after a workout. He is unresponsive, so you send a colleague to phone 911. You open his airway and find that he is not breathing. After you provide 2 effective rescue breaths, you should check for signs of circulation. How is this done?**
- Call out the man's name several times and tap his shoulder
 - Check the man for normal breathing or coughing and scan for any signs of movement
 - Push on the man's chest several times to see if he responds
 - Open the airway and look, listen, and feel for breathing
- 17. You are preparing to perform chest compressions on an adult. After you deliver 2 rescue breaths, the victim is unresponsive with no breathing and no signs of circulation. Which of the following best describes where you should place your hands to perform compressions?**
- Just below the neck on the top half of the breastbone
 - Over the very bottom of the breastbone, the xiphoid
 - At the center of the chest, between the nipples
 - On the lower right side of the chest, directly over the left nipple
- 18. You are alone, performing CPR on an adult. What ratio of compressions to ventilations should you use?**
- 15 to 2
 - 12 to 4
 - 5 to 1
 - 3 to 1
- 19. When you are providing CPR, what is the appropriate compression rate for an adult victim of cardiac arrest?**
- As fast a rate as possible
 - A very slow rate
 - A rate of about 1 compression per second (60 per minute)
 - A rate of about 100 compressions per minute
- 20. You find the office security guard slumped against a door in the hallway. He is unresponsive. You shout for help. When a coworker responds, you send him to phone 911. You open the victim's airway, check breathing, and give 2 effective breaths. You then check for signs of circulation, but there are none. What should you do next?**
- Begin chest compressions and cycles of compressions and ventilations
 - Check to be sure your colleague has phoned 911
 - Provide 1 minute of rescue breathing (10 to 12 breaths)
 - Reposition the airway and reattempt rescue breathing

- 21. You are alone and performing CPR on an adult cardiac arrest victim who has no signs of injury (you have already phoned 911). You have opened his airway, found that he was not breathing, delivered 2 effective breaths, and checked for signs of circulation. You detect no signs of circulation, so you begin chest compressions. When should you check for signs of circulation again?**
- Do not check again until the patient begins to breathe
 - After 5 minutes of CPR, then every 5 minutes thereafter
 - Do not check again until EMS personnel arrive to assess the victim
 - After 4 cycles of 15 and 2 and every few minutes thereafter
- 22. When you recheck for signs of circulation in the victim of nontraumatic cardiac arrest in question 21, you find signs of circulation. You check breathing and find that the man is breathing normally. What should you do next?**
- Continue chest compressions
 - Check him for signs of circulation again
 - Place him in the recovery position and continue to monitor his breathing
 - Leave him to phone 911 again with an update
- 23. Public access to defibrillation is a public health initiative to place AEDs and rescuers trained in CPR and use of the AED throughout the community. Which of the following statements best describes the reason that PAD programs may improve survival from sudden cardiac arrest?**
- AEDs can be used by lay responders without any training
 - AEDs eliminate the need to train anyone in CPR
 - Placement of AEDs throughout the community as part of PAD programs can reduce the time to defibrillation and also ensure that rescuers are trained in CPR
 - AEDs will save all victims of sudden cardiac arrest
- 24. Which of the following statements best describes the effects of chest compressions and ventilations during adult CPR?**
- They decrease the need for coronary artery bypass
 - They shock the heart in ventricular fibrillation back to a normal heart rhythm
 - They constrict the pupils to help preserve vision
 - They provide a flow of oxygen to the heart and brain
- 25. A 58-year-old man tumbles down the escalator at the shopping mall. You shout for help and rush to the bottom of the escalator, where you find the man bleeding and unresponsive. You send someone to phone 911. How should you open the man's airway?**
- By tilting his head and lifting his chin
 - By using the jaw thrust without tilting the head or moving the neck
 - By sweeping out his mouth and pulling forward on his tongue
 - By not moving him at all because he might have a broken neck