American Heart Association

Heartsaver CPR

Pediatric Module

Pretest

February 2001

American Heart Association®
Fighting Heart Disease and Stroke

Heartsaver CPR Course
Pediatric Module Pretest

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

1. You are a member of the emergency response team at your workplace. Many infants and children are in your building every day. You want to be prepared to begin the AHA infant and child Chain of Survival if needed. Which of the following is the first link in the pediatric Chain of Survival?

a. Prevention of injuries
b. Phone 911 (early EMS activation)
c. Early defibrillation
d. CPR

2. Which of the following is the leading cause of death for infants during the first 6 months of life?

a. Heart attack
b. Firearm injuries
c. Poisoning and drug overdose
d. Sudden infant death syndrome

3. You are a volunteer at a local childcare center. You are preparing to drive 3 toddlers and preschoolers to a movie. Which of the following is the safest option for restraining these children in the car?

a. Restrain all of the children in the back seat with child-restraint devices
b. Restrain the children in both the front and back seat with child-restraint devices
c. Restrain the children in both the front and back seats with lap and shoulder belts
d. Restrain the children in the back seat with lap and shoulder belts

4. Which of the following is the leading cause of death in infants 6 months of age and older through adolescence?

a. Heart attack
b. Poisoning
c. Injury
d. Sudden infant death syndrome (SIDS)

5. A mother asks you to help her when she finds her infant lying in bed unresponsive. The mother is panicked and tells you she doesn't know what to do. You notice immediately that the infant does not respond to your voice or touch. Which of the following lists the most appropriate actions for you to take?

a. Tell the mother to phone 911 while you begin the steps of CPR
b. Tell the mother to start CPR while you go to phone 911
c. Keep trying to stimulate the infant to respond, and use alternating back blows and chest thrusts if the infant does not respond
d. Place the infant in the recovery position and phone 911

6. When you find an unresponsive infant in bed, which of the following should you do <u>next</u>?

a. Deliver 2 breaths
b. Open the airway and look, listen, and feel for breathing
c. Tap the victim and shout again to confirm that the infant is unresponsive
d. Observe the infant for signs of circulation

7. You are the only rescuer present when you see a 7-year-old child collapse. You rush to her side and find that she is limp and unresponsive. When should you leave her to phone 911?

a. As soon as you find that the child is unresponsive
b. After you have given the child 1 minute of CPR (whatever steps of CPR she needs)
c. When you see that after several minutes of CPR there is no response
d. After giving a few breaths and before beginning chest compressions

8. When you perform a head tilt–chin lift or a jaw thrust, what structure are you trying to lift away from the back of the throat so that you can open the victim's airway?

a. The tongue
b. The jaw
c. The trachea
d. The teeth

9. When you attempt resuscitation in an infant or child and you do not suspect injury, which of the following is the <u>best</u> way to open the airway?

a. Perform a blind finger sweep
b. Turn the head to one side, then open the mouth
c. Use a tongue-jaw lift and look in the mouth
d. Tilt the head back and lift the chin

10. You are a member of the emergency response team at your workplace. Which of the following signs and symptoms in an infant or child tells you that the infant or child <u>requires</u> rescue breathing?

a. The infant is breathing deeply and regularly at about 20 times per minute
b. The child is crying loudly but making wheezing noises
c. The child is not moving but is breathing regularly
d. The child is gasping occasionally or breathing very, very slowly

11. If you are giving rescue breaths to infants or children, how many rescue breaths should you give per minute?

a. About 20 breaths per minute (once every 3 seconds)
b. About 18 breaths per minute (once every 3½ seconds)
c. About 10 to 12 breaths per minute (once every 5 seconds)
d. About 6 breaths per minute (once every 10 seconds)

12. Which of the following phrases correctly describes the amount of air (ventilation volume) that you should give to an infant or child during rescue breathing?

a. Half the volume (amount of air) that you give an adult
b. As much as possible
c. Just enough air to cause the child's chest to rise
d. Enough air to cause a large rise in the chest

13. When you open the airway of an unresponsive child and discover that the child is not breathing, what should you do <u>next</u>?

a. Place the child in the recovery position and observe the child until EMS personnel arrive
b. Begin chest compressions
c. Hold the airway open but do nothing further until EMS personnel arrive
d. Give 2 slow rescue breaths that cause the chest to rise with each breath

14. A 10-month-old infant is pulled from a bathtub where she was found under water. You respond to a call from the infant's mother and find that the infant is unresponsive. What should you do <u>next</u>?

a. Turn the infant's head down and perform the Heimlich maneuver to drain water from the infant's lungs; after you perform the Heimlich maneuver, open the airway and give 2 breaths
b. Rush to phone 911
c. Find the proper hand position and begin chest compressions
d. Open the infant's airway with the head tilt–chin lift maneuver and check breathing; if the infant is not breathing normally, give 2 rescue breaths

15. An infant who is eating suddenly starts coughing and then begins making high-pitched noises. She has a weak cry, her lips are blue, and she is struggling to breathe. Which of the following would be the <u>best</u> steps for you to take <u>now</u>?

a. Pick her up, lay her over your arm, and perform 5 back blows followed by 5 chest thrusts
b. Immediately phone 911
c. Watch the infant to see if she develops signs of severe or complete foreign-body airway obstruction
d. Stand or kneel behind the infant and perform abdominal thrusts

16. Which of the following is the best reason for beginning CPR immediately instead of phoning 911 if you are alone and find an infant or child who is unresponsive?

a. There is no point in phoning 911 because rescue personnel in emergency vehicles will not be able to treat infant or child victims
b. Cardiac arrest in children is most often the result of a breathing problem, so if you provide immediate CPR you may restore breathing and provide a flow of oxygen to the heart and brain
c. Cardiac arrest in infants and children is most often caused by heart problems, so it is important to start CPR first to help restart the heart
d. CPR forces the heart in ventricular fibrillation to return to a normal rhythm

17. Which of the following choices is the best method of checking for <u>signs of circulation</u> in unresponsive infants and children?

a. Call out the child's name several times
b. After giving 2 rescue breaths, hold the airway open and check for normal breathing or coughing while scanning the child for any signs of movement
c. Begin chest compressions; after providing 15 chest compressions, check for signs of circulation
d. Look for the child to wake up and for the child's color to turn pink

18. You are attempting to resuscitate an unresponsive child. After opening the airway, checking for breathing, and giving 2 effective rescue breaths, you find no signs of circulation. What should you do next?

a. Begin chest compressions
b. Deliver 5 abdominal thrusts
c. Check for signs of circulation again
d. Reposition the airway and look, listen, and feel for breathing

19. At what rate should you provide chest compressions during infant CPR?

a. At a rate of 70 to 80 times per minute
b. At a rate of 80 to 100 times per minute
c. At a rate of at least 100 times per minute
d. At a rate of at least 120 times per minute

20. What is the correct compression rate to use for CPR in children?

a. A rate of 60 to 80 times per minute
b. A rate of 80 to 100 times per minute
c. About 1 time per second (about 60 per minute)
d. About 100 times per minute

21. You are performing CPR for a child who may have head or neck injuries. How should you open the airway?

a. Tilt the head and lift the chin
b. Use the jaw thrust without tilting the head or moving the neck
c. Sweep out the mouth and pull forward on the tongue
d. Do not move the airway at all because the victim might have a broken neck

22. How should a lone lay rescuer perform chest compressions for an infant?

a. Using both hands, one on top of the other
b. Using the heel of one hand over the lower half of the breastbone
c. Using the tips of 2 fingers, 1 finger's width below the nipples
d. Using 2 thumbs

23. You see a child who has signs of severe or complete foreign-body airway obstruction. You ask the child, "Are you choking?" She nods her head yes. You ask, "Can you speak?" She shakes her head no. What is the first thing you should do?

a. Give the child 5 back blows, then 5 chest thrusts
b. Attempt a blind finger sweep of the child’s mouth
c. Administer 100% oxygen and monitor the child closely
d. Tell the child you will help, then stand behind her and give abdominal thrusts until the obstruction is relieved or the child becomes unresponsive

24. You are alone and performing CPR for a child victim (a second rescuer has gone to phone 911). You recheck for signs of circulation after 1 minute and find that now there are signs of circulation (you see some movement). You do not suspect that the victim has been injured. What should you do next?

a. Continue chest compressions
b. Check signs of circulation again
c. Check to see if the victim is breathing normally
d. Place the victim in the recovery position

25. You are performing chest compressions for a 4-year-old child. Which of the following best describes the compression location and technique you should use?

a. Compress over the lower half of the sternum, using the heel of one hand to compress about one third to one half the depth of the chest
b. Position both hands in the center of the chest, between the nipples, and compress as firmly as possible
c. Compress over the lower half of the sternum (about 1 finger's width below the nipple line), using 2 fingers to compress approximately one third to one half the depth of the chest
d. Place one hand on the front of the chest and compress the chest at least 2 inches