

Chapter 10

1. What system is responsible for providing oxygen to the tissues of the body and removing carbon dioxide waste?
 - A) nervous
 - B) digestive
 - C) respiratory
 - D) cardiovascular

2. The airway is divided anatomically into the:
 - A) right and left.
 - B) upper and lower.
 - C) anterior and posterior.
 - D) oropharynx and nasopharynx.

3. In what area of the lungs does the exchange of oxygen and carbon dioxide occur?
 - A) trachea
 - B) alveoli
 - C) bronchi
 - D) bronchioles

4. Which of the following terms best defines the cycle of inhalation (taking air in) and exhalation (pushing air out)?
 - A) expiration
 - B) inspiration
 - C) ventilation
 - D) respiration

5. Labored breathing, difficulty in breathing, or shortness of breath that may lead to hypoxia is known as:
 - A) cyanosis.
 - B) dyspnea.
 - C) tachypnea.
 - D) ecchymosis.

6. For a patient who is complaining of respiratory distress, you should:
- A) administer oxygen.
 - B) administer an inhaler.
 - C) suspect head trauma.
 - D) transport in a supine position.
7. An alert patient has a regular pattern of inhalation and exhalation and good, audible breath sounds on both sides of the chest. These signs and symptoms suggest:
- A) an obstructed airway.
 - B) adequate air exchange.
 - C) respiratory difficulty.
 - D) respiratory insufficiency.
8. A child has had a fever and a barking cough and is now beginning to wheeze. These signs and symptoms suggest:
- A) a heart attack.
 - B) a common cold.
 - C) rhonchi.
 - D) partial airway obstruction.
9. When treating patients with prescribed respiratory medications, you should:
- A) treat patients with oxygen only.
 - B) allow patients to take unprescribed drugs.
 - C) discontinue all medications to prevent overdose.
 - D) consult medical control before assisting with any medications.
10. Which of the following side effects can be caused by respiratory medications?
- A) increased pulse rate, tremors, and nervousness
 - B) increased pulse rate and constricted bronchioles
 - C) decreased pulse rate, somnolence, and decreased respirations
 - D) low blood pressure, increased pulse rate, and increased respirations
11. A patient would be considered to have inadequate breathing if the respiratory rate was greater than how many breaths per minute?
- A) 10
 - B) 16
 - C) 20
 - D) 24

12. A spontaneous pneumothorax is most likely to occur:
- A) during the winter months.
 - B) when the lung is punctured by a broken rib.
 - C) in a patient who has emphysema.
 - D) when a foreign object blocks the airway.
13. Your patient, a 45-year-old woman, has a history of emphysema and congestive heart failure. As you observe the patient, you notice that she is not moving much air. She is also having difficulty answering your questions. She states that she has an inhaler. What should you do first?
- A) Provide rapid transport.
 - B) Assist the patient with her medication, followed by a complete set of vitals.
 - C) Allow her to take unlimited doses.
 - D) Make sure that she does not get any oxygen because of her emphysema.
14. Which of the following is NOT a sign of respiratory distress?
- A) nasal flaring
 - B) pursed lips
 - C) good audible bilateral breath sounds
 - D) cool, clammy skin
15. The primary stimulus for a healthy person to breathe is the level of:
- A) oxygen in the blood.
 - B) carbon dioxide in the blood.
 - C) oxygen in the alveoli.
 - D) carbon dioxide in the alveoli.
16. The secondary stimulus for breathing in a person with carbon dioxide retention is:
- A) low levels of carbon dioxide in the alveoli.
 - B) low levels of oxygen in the alveoli.
 - C) high levels of carbon dioxide in the blood.
 - D) low levels of oxygen in the blood.
17. The fluid build up within the alveoli that increases the distance between the alveoli and the pulmonary capillaries is termed:
- A) dyspnea.
 - B) atelectasis.
 - C) pulmonary edema.
 - D) pleural effusion.

18. Chronic obstructive pulmonary disease is caused by all of the following EXCEPT:
- A) chronic bronchitis.
 - B) inhaled toxic gases.
 - C) acute myocardial infarction.
 - D) cigarette smoking.
19. Emphysema is a type of COPD characterized by:
- A) a loss of elasticity in alveolar lung tissue leaving a pocket.
 - B) increased mucus production that clogs smaller bronchioles.
 - C) chronic dilation of bronchial air passages creating trapped air.
 - D) fluids collecting in the alveolar space restricting oxygen exchange.
20. Which of the following is NOT an expected change in the vital signs of a COPD patient?
- A) rapid respirations
 - B) slow respirations
 - C) hypertension
 - D) elevated pulse
21. Acute spasms of bronchiolar muscles and excessive mucus production is characteristic of:
- A) pulmonary edema.
 - B) asthma.
 - C) pneumonia.
 - D) pleural effusions.
22. A pleural effusion is best described as:
- A) fluid trapped in the alveoli.
 - B) an infection of lung tissue.
 - C) a collection of fluid outside the lung.
 - D) a collapsed lung.
23. Risk factors for a pulmonary embolism include all of the following EXCEPT:
- A) recent surgery.
 - B) chronic hypertension.
 - C) prolonged bed rest.
 - D) unusually fast blood clotting.

24. Prior to administration of a metered-dose inhaler, the rescuer should:
- A) make sure the inhaler is cooler than room temperature.
 - B) shake the inhaler vigorously several times.
 - C) remove any spacers attached to the inhaler.
 - D) check to see if the medication is cloudy or yellowed.
25. A 5-year-old child is in moderate respiratory distress from an upper airway infection. You should transport this patient in what position?
- A) Sitting upright, leaning forward in a sniffing position.
 - B) Prone to facilitate drainage of secretions.
 - C) A low Fowler's position with the knees bent.
 - D) Supine to suction secretions as needed.
26. A patient who has status asthmaticus:
- A) is less than 12 years old with a history of asthma.
 - B) was recently diagnosed with asthma.
 - C) experiences relief of an asthma attack without the use of an inhaler.
 - D) has a prolonged asthma attack unrelieved by medications.
27. A 16-year-old female patient is complaining of dyspnea, numbness, and tingling in her hands and feet after an argument with her boyfriend. She has an increased rate and effort of breathing. You should:
- A) have her breathe into a paper bag.
 - B) place her on a nonbreathing mask without oxygen.
 - C) observe her respirations without specific treatment of them.
 - D) give her supplemental oxygen.

Answer Key

1. C
2. B
3. B
4. D
5. B
6. A
7. B
8. D
9. D
10. A
11. D
12. C
13. B
14. C
15. B
16. D
17. C
18. C
19. A
20. C
21. B
22. C
23. B
24. B
25. A
26. D
27. D