

1. Muscles allow body:
  - A) structure.
  - B) circulation.
  - C) movement.
  - D) development.
  
2. Which of the following types of muscle works under conscious control?
  - A) cardiac
  - B) smooth
  - C) skeletal
  - D) involuntary
  
3. Muscles work by contracting and:
  - A) relaxing.
  - B) cramping.
  - C) stretching.
  - D) generating heat.
  
4. Muscle tissue is directly attached to the bone by a tough, ropelike fibrous structure known as:
  - A) fascia.
  - B) tendons.
  - C) cartilage.
  - D) ligaments.
  
5. Bone marrow produces:
  - A) platelets.
  - B) lymphocytes.
  - C) red blood cells.
  - D) white blood cells.
  
6. Which of the following is considered to be the structural framework of the body?
  - A) nerves
  - B) muscles
  - C) skeleton
  - D) ligaments

7. The spinal cord is protected by:
- A) ribs.
  - B) discs.
  - C) vertebrae.
  - D) phalanges.
8. The place where two bones come in contact is called a:
- A) bicep.
  - B) joint.
  - C) tendon.
  - D) ligament.
9. Bone deformity, with no evidence of a break in the skin, describes what type of fracture?
- A) open
  - B) closed
  - C) distal
  - D) penetrating
10. External blood loss and a higher likelihood of infection are associated with which type of fracture?
- A) open
  - B) closed
  - C) blunt
  - D) distal
11. Which type of fracture occurs when a bone breaks through the skin?
- A) open
  - B) closed
  - C) complete
  - D) incomplete
12. What is the mechanism of injury when a bone breaks at the point of impact with a solid object?
- A) fatigue
  - B) twisting
  - C) direct blow
  - D) indirect force

13. What is the most reliable sign of a bone or joint injury?
- A) edema
  - B) deformity
  - C) discoloration
  - D) point tenderness
14. The first step in assessing a patient with a suspected broken bone is to check for:
- A) airway, bruising, and crepitus.
  - B) airway, breathing, and circulation.
  - C) pain, swelling, and deformity.
  - D) crepitus, edema, and ecchymosis.
15. All injuries to bones and joints should be splinted:
- A) with traction splints.
  - B) before transportation.
  - C) before other life-threatening problems are treated.
  - D) with a pneumatic antishock garment (PASG).
16. Which of the following treatments helps to prevent motion of bone fragments or angulated joints?
- A) dressing
  - B) assessing
  - C) splinting
  - D) bandaging
17. Which of the following treatments helps to prevent conversion of a closed fracture to an open fracture?
- A) traction
  - B) dressing
  - C) splinting
  - D) bandaging
18. The primary reason for splinting a bone is to:
- A) replace protruding bones.
  - B) prevent swelling.
  - C) prevent blood flow.
  - D) prevent motion of bone fragments.

19. When splinting an injury, you should immobilize the:
- A) injury site.
  - B) joint below the injury.
  - C) joint above the injury.
  - D) joint above and below the injury.
20. To prevent pressure and discomfort, all rigid splints should be:
- A) wide.
  - B) secure.
  - C) padded.
  - D) aluminum.
21. Which of the following structures need to be immobilized above and below a joint injury?
- A) joints
  - B) bones
  - C) muscles
  - D) extremities
22. Open fractures should be:
- A) irrigated with normal saline.
  - B) covered with Vaseline gauze.
  - C) covered with a dry, sterile dressing.
  - D) covered with a moist, sterile dressing.
23. How should you treat a possible fracture?
- A) When in doubt, splint the injury.
  - B) Apply traction to all fractures.
  - C) Never elevate a splinted extremity.
  - D) Assess pulse and motor and sensory functions proximal to the injury site.
24. Your goal in treating extremity injuries is to reduce:
- A) pain and prevent circulation.
  - B) pain and prevent further injury.
  - C) infection and provide comfort.
  - D) infection and prevent further injury.

25. What is the direction of pull when you apply traction to an injured extremity?
- A) in line with the deformity
  - B) in line with the muscle contractions
  - C) in line with the long axis of the limb
  - D) in the opposite direction of the deformity
26. You should elevate an injured extremity to:
- A) create traction.
  - B) reduce swelling.
  - C) enhance edema.
  - D) enhance circulation.
27. After applying a splint to an injured limb, you should next:
- A) measure the splint.
  - B) immobilize the limb with a splint.
  - C) assess motor function, sensation, and circulation.
  - D) follow BSI precautions.
28. Immobilization of an injured joint should include the:
- A) joints above and below the injury.
  - B) bones above and below the injury.
  - C) injured joint and the bone distal to the injury.
  - D) injured joint and the immediate distal joint.
29. What is the last step in examining and stabilizing an injury?
- A) Apply manual traction.
  - B) Obtain baseline vital signs.
  - C) Secure the entire injured extremity.
  - D) Reassess pulse and motor and sensory functions.
30. Improper splinting can:
- A) reduce pain.
  - B) limit mobility.
  - C) enhance circulation.
  - D) reduce distal circulation.

31. After applying a sling to support an injured upper extremity, you should apply:
- A) traction.
  - B) a splint.
  - C) a swathe.
  - D) a bandage.
32. What is the most common sign or symptom of a fracture?
- A) pain
  - B) edema
  - C) deformity
  - D) ecchymosis
33. Which part of a bone is responsible for the production of red blood cells?
- A) epiphyseal plate
  - B) malleoli
  - C) marrow
  - D) trochanter
34. The first step in caring for a child's injured upper arm from a bicycle crash is to:
- A) inspect the area for DCAP-BTLS.
  - B) note the presence of distal pulse, sensation, and motor function.
  - C) cover all wounds with dry, sterile dressings.
  - D) apply gentle traction to align the limb.
35. The second step in caring for a child's upper arm injury from a bicycle crash is to:
- A) inspect the area for DCAP-BTLS.
  - B) note the presence of distal pulse, sensation, and motor function.
  - C) cover all wounds with dry, sterile dressings.
  - D) apply gentle traction to align the limb.
36. The third step in caring for a child's upper arm injury from a bicycle crash is to:
- A) inspect the area for DCAP-BTLS.
  - B) note the presence of distal pulse, sensation, and motor function.
  - C) cover all wounds with dry, sterile dressings.
  - D) apply gentle traction to align the limb.

37. You believe that a patient has a bone injury to the upper arm. To prepare the limb for transport, you should:
- A) immobilize the humerus and radius.
  - B) immobilize the joints above and below the injury.
  - C) apply hot packs to the injured limb.
  - D) encourage the patient to clench her fist.
38. A patient with a broken leg is properly splinted and ready for transport. What other steps could be taken to prevent additional discomfort to the patient?
- A) Allow the patient to drink warm fluids.
  - B) Elevate the injured limb slightly.
  - C) Apply hot packs to the injured limb.
  - D) Encourage the patient to flex the foot.
39. How do you determine if an extremity is swollen?
- A) Auscultate the injured extremity.
  - B) Compare it to the other, uninjured extremity.
  - C) Elevate it to see whether the extremity changes in size.
  - D) Ask the patient whether the extremity looks normal in size.
40. A patient has a painful, swollen, deformed extremity. Your treatment should include:
- A) casting.
  - B) splinting.
  - C) irrigation.
  - D) debridement.
41. The automatic work of the body is provided by which type of muscle?
- A) smooth
  - B) striated
  - C) skeletal
  - D) tubular
42. Bones are held to other bones by tough fibrous tissues called:
- A) tendons.
  - B) ligaments.
  - C) cartilage.
  - D) bursa.

43. The disruption of a joint in which ends are no longer in normal contact describes an injury known as:
- A) fracture.
  - B) strain.
  - C) dislocation.
  - D) sprain.
44. Stretching or tearing of supportive ligaments describes a:
- A) strain.
  - B) sprain.
  - C) fracture.
  - D) dislocation.
45. Stretching or tearing of muscular tissue results in a:
- A) sprain.
  - B) strain.
  - C) dislocation.
  - D) fracture.
46. Which of the following mechanisms or forces is least likely to cause a fracture?
- A) direct blow.
  - B) high-energy injury.
  - C) indirect force.
  - D) compression force.
47. A fracture where the bone is broken in two or more pieces is known as what kind of fracture?
- A) greenstick
  - B) comminuted
  - C) pathologic
  - D) epiphyseal
48. A 6-year-old patient has fallen from a picnic table and is only complaining of elbow pain. Your assessment reveals no bruising, deformity, or swelling. You should:
- A) continue to assess by moving the extremity.
  - B) immediately splint and transport.
  - C) refer the child to his own physician.
  - D) transport without a splint.

49. A 29-year-old woman has fallen from a ladder painting the house. She has a single open fracture of the forearm. This fracture is classified as:
- A) minor.
  - B) moderate.
  - C) serious.
  - D) critical.
50. An 8-year-old child struck a tree while skiing. She has a closed fracture of the lower leg. This fracture is classified as:
- A) minor.
  - B) moderate.
  - C) serious
  - D) life-threatening.

Chapter 24

## Answer Key

1. C
2. C
3. A
4. B
5. C
6. C
7. C
8. B
9. B
10. A
11. A
12. C
13. D
14. B
15. B
16. C
17. C
18. D
19. D
20. C
21. B
22. C
23. A
24. B
25. C
26. B
27. C
28. B
29. D
30. D
31. C
32. A
33. C
34. A
35. B
36. C
37. B
38. B
39. B
40. B
41. A
42. B
43. C
44. B

- 45. B
- 46. D
- 47. B
- 48. A
- 49. C
- 50. B