

1. As you assess a patient's breathing, you should note the:

- A) tidal volume.
- B) strength of breathing.
- C) rate and quality of breathing.
- D) height of chest rise during inspiration.

2. What skin color is associated with cyanosis?

- A) pale
- B) jaundiced
- C) bluish tint
- D) reddish

3. Normal skin temperature should feel:

- A) hot.
- B) cold.
- C) warm.
- D) cool.

4. The condition of normal skin should be:

- A) hot.
- B) dry.
- C) wet.
- D) moist.

5. Pale skin color may indicate:

- A) shock.
- B) cyanosis.
- C) heatstroke.
- D) carbon monoxide poisoning.

6. A normal pulse should feel:

- A) weak and rapid.
- B) bounding and rapid.
- C) strong and regular.
- D) thready and regular.

7. When taking a patient's blood pressure, the diaphragm of the stethoscope is normally placed over which artery?
- A) tibial
 - B) radial
 - C) femoral
 - D) brachial
8. The systolic blood pressure is a measurement of:
- A) atrial relaxation.
 - B) atrial contraction.
 - C) ventricular relaxation.
 - D) ventricular contraction.
9. When you record a blood pressure on an incident report, the systolic pressure is written as which number?
- A) top
 - B) middle
 - C) bottom
 - D) does not matter
10. When you assess the capillary refill of an infant, the return of color to the tested area should take how many seconds?
- A) less than 1
 - B) less than 2
 - C) more than 2
 - D) more than 5
11. When you inspect a patient's pupils with a flashlight, the pupils should normally react to the light by:
- A) dilating.
 - B) fluttering.
 - C) constricting.
 - D) not responding.
12. When you shine a light into one pupil, the normal reaction of the other pupil should be to:
- A) dilate.
 - B) not react.
 - C) become larger.
 - D) constrict.

13. What information should be noted when you assess a patient's pulse?
- A) depth, rate, clarity
 - B) difficulty in finding
 - C) rate, regularity, strength
 - D) if the patient can feel his own pulse
14. Which of the following pulses are normally be felt on an adult patient?
- A) jugular, facial
 - B) facial, carotid
 - C) carotid, femoral
 - D) femoral, patellar
15. The radial pulse is found:
- A) near the patient's leg, close to the hip.
 - B) underneath the arm, near the shoulder.
 - C) on the underside of the wrist, on the same side as the thumb.
 - D) on the underside of the wrist, on the same side as the little finger.
16. Systolic blood pressure is defined as the measurement of the pressure exerted against the walls of the:
- A) veins while the heart is at rest.
 - B) veins during contraction of the heart.
 - C) arteries while the heart is at rest.
 - D) arteries during contraction of the heart.
17. Diastolic blood pressure is defined as the measurement of the pressure exerted against the walls of the:
- A) veins while the heart is at rest.
 - B) veins during contraction of the heart.
 - C) arteries while the left ventricle is at rest.
 - D) arteries during contraction of the heart.
18. You can auscultate a patient's blood pressure by:
- A) comparing the pulse of the arm with the pulse in the neck.
 - B) feeling for the return of a pulse while inflating the blood pressure cuff.
 - C) deflating a blood pressure cuff while watching the needle of the gauge bounce.
 - D) deflating a blood pressure cuff while listening with a stethoscope to the return of blood flow through the brachial artery.

19. To obtain a patient's blood pressure by the palpation method, you should:
- A) listen for the presence of a pulse sound after deflating the blood pressure cuff.
 - B) compare the pulses of the arm and the neck and take an average.
 - C) find the brachial pulse with two fingers and inflate the blood pressure cuff, noting the measurement when the pulse is gone.
 - D) inflate the blood pressure cuff while monitoring the radial pulse of the arm until the pulse is gone; then deflate the cuff, noting the measurement when the pulse returns.
20. When you use the palpation method to obtain a blood pressure, the measurement you obtain is the:
- A) pulse pressure.
 - B) systolic blood pressure.
 - C) diastolic blood pressure.
 - D) average of the systolic and diastolic blood pressures.
21. What areas of the body will show cyanosis?
- A) lips and nail beds
 - B) nose, cheeks, base of the neck
 - C) hands, tongue, whites of the eyes
 - D) fingers, abdomen, around the ears
22. Cyanosis of the skin is caused by:
- A) increased oxygen in the blood.
 - B) arterial vasodilation.
 - C) venous vasoconstriction.
 - D) decreased oxygen in the blood.
23. You are examining a patient who is complaining of chest pain and difficulty breathing. You take his radial pulse, noting that it is irregular. This is most likely being caused by:
- A) premature or late contractions of the heart.
 - B) the pulse not being taken correctly.
 - C) an occasional blockage of the radial artery.
 - D) the patient's arm not being straight enough while the pulse is taken.

24. How do you assess the respirations of an adult patient?
- A) Count each inhalation as one breath and each exhalation as one breath, and multiply by 2.
 - B) Ask the patient what his or her normal respirations are, and then have him or her breathe normally while you count.
 - C) Observe the rise and fall of the chest, and note the rate of breathing over 30 seconds.
 - D) Observe the rise and fall of the chest, note the rate of breathing in 30 seconds, and multiply by 2.
25. In obtaining a patient's history, the abbreviation SAMPLE is often used to get the most complete history. SAMPLE is an acronym for:
- A) signs and symptoms, allergies, medications, physical exam, last time of occurrence, evidence of associated problems.
 - B) signs and symptoms, allergies, medications, pertinent past history, last oral intake, events leading to the injury or illness.
 - C) skill, associated couplets, medical physician, physical exam, last oral intake, evaluation.
 - D) skin color, associated complaints, medical physician, pertinent past history, location of the injury, events leading to the injury or illness.
26. In a stable patient, vital signs should be reassessed:
- A) whenever the patient requests an update.
 - B) whenever you care for the patient for over 1 hour.
 - C) at least every 15 minutes.
 - D) at least every 30 minutes.
27. What is labored breathing?
- A) absence of breathing
 - B) shallow, slow breathing
 - C) an occasional deep breath
 - D) increased effort to breathe
28. Normal respirations for an adult patient should be between:
- A) 6 and 20 breaths/min.
 - B) 6 and 30 breaths/min.
 - C) 12 and 20 breaths/min.
 - D) 12 and 30 breaths/min.

29. Which of the following are vital signs?
- A) blood pressure, skin condition, skin color
 - B) respiration rate, skin condition, skin color
 - C) pulse rate, respiration rate, skin color
 - D) pulse rate, blood pressure, respiration rate
30. When you assess the skin color of a child, you should look for normal skin color on the child's:
- A) arms and legs.
 - B) fingers and toes.
 - C) chest and abdomen.
 - D) palms of the hands and soles of the feet.
31. Normal skin color in lightly pigmented individuals should appear:
- A) red.
 - B) blue.
 - C) pink.
 - D) yellow.
32. Which of the following body parts can you use to assess skin color in an adult?
- A) cheeks and tongue
 - B) earlobes and eyelids
 - C) nail beds and oral mucosa
 - D) conjunctiva and nasal bridge
33. Normal pupil size and reaction is described as:
- A) midsize pupils that are both equal in size and shape and dilate when exposed to light.
 - B) midsize pupils that are both equal in size and shape and constrict when exposed to light.
 - C) large-diameter pupils that are both equal in size and shape and dilate when exposed to light.
 - D) small-diameter pupils that are equal in size and shape and constrict when exposed to light.
34. The amount of air that a patient is exchanging depends on both the rate and:
- A) quality.
 - B) regularity.
 - C) tidal volume.
 - D) rhythm.

35. A pulse with a consistent pattern to it is considered to be:
- A) weak.
 - B) strong.
 - C) regular.
 - D) irregular.
36. Which of the following is NOT a sign of respiratory distress?
- A) nasal flaring
 - B) labored breathing
 - C) low blood pressure
 - D) accessory muscle use
37. Which of the following is NOT a sign of respiratory distress?
- A) stridor
 - B) cyanosis
 - C) swollen eyes
 - D) accessory muscle use
38. For at least how many seconds should you palpate an adult's pulse to determine the rate, volume, and regularity of the pulse?
- A) 6
 - B) 15
 - C) 30
 - D) 60
39. Which of the following statements about blood pressure measurement is true?
- A) The earpieces of the stethoscope should be facing rearward in the ears.
 - B) A blood pressure cuff that is too large will produce falsely high readings.
 - C) A blood pressure by auscultation should be taken before one is taken by palpation.
 - D) A blood pressure taken in the antecubital fossa uses the brachial artery.
40. When assessing a patient's pupils, you must remember that:
- A) pupils constrict in a dark environment.
 - B) both pupils normally respond to a light shone in one eye.
 - C) dilated pupils are a reliable sign of drug addiction.
 - D) equal pupil size rules out the possibility of head injury.

41. The normal breathing rate for an adult is:
- A) 8 to 12 breaths/min.
 - B) 12 to 20 breaths/min.
 - C) 15 to 30 breaths/min.
 - D) 20 to 40 breaths/min.
42. The pressure exerted against the walls of the artery when the left ventricle is at rest is called:
- A) stroke pressure.
 - B) systolic pressure.
 - C) diastolic pressure.
 - D) cardiac output pressure.
43. The pressure exerted against the walls of the artery when the left ventricle contracts is called:
- A) blood pressure.
 - B) systolic pressure.
 - C) diastolic pressure.
 - D) cardiac output pressure.
44. Which of the following organs is NOT working correctly when a patient has jaundice of the skin or whites of the eyes?
- A) liver
 - B) heart
 - C) lungs
 - D) kidneys
45. The bluish discoloration of the skin caused by a lack of oxygen is called:
- A) cyanosis.
 - B) halitosis.
 - C) kyphosis.
 - D) ecchymosis.
46. While evaluating a patient with chest pain, your partner tells you that the patient's blood pressure is 124/82 mm Hg. The higher number represents the pressure from the:
- A) atria relaxing.
 - B) atria contracting.
 - C) ventricles relaxing.
 - D) ventricles contracting.

47. Capillary refill should NOT be used as a sign of shock in a child who is:
- A) hot.
 - B) cold.
 - C) injured.
 - D) diabetic.
48. Subjective information gathered during your patient assessment is called:
- A) signs
 - B) symptoms
 - C) complaints
 - D) problems
49. Which of the following questions is used to determine the chief complaint?
- A) "What seems to be the matter?"
 - B) "How far did you fall?"
 - C) "What did you eat last?"
 - D) "When did the chest pain begin?"
50. The term "baseline vital signs" is used to describe:
- A) vital signs taken at the base of the wrist.
 - B) the initial set of vital signs taken.
 - C) trending in all vital signs taken.
 - D) the vital signs taken prior to your assessment.
51. The normal breathing rate for a child is:
- A) 8–12 breaths/min.
 - B) 12–20 breaths/min.
 - C) 15–30 breaths/min.
 - D) 20–40 breaths/min.
52. The normal breathing rate for an infant is:
- A) 12–20 breaths/min.
 - B) 15–30 breaths/min.
 - C) 20–40 breaths/min.
 - D) 25–50 breaths/min.

53. When obtaining vital signs, the rescuer should evaluate the respiratory rate and:
- A) rhythm.
 - B) strength.
 - C) odor.
 - D) class.
54. A pulse can be described as:
- A) the electrical conduction through the heart producing ventricular contraction.
 - B) a pressure wave through the arteries created by ventricular contraction.
 - C) the positive deflections found on an ECG known as the "R" wave.
 - D) pulsations of blood in deep blood vessels.
55. Which of the following is an accurate guide to assessing a pulse?
- A) Press firmly occluding the blood flow, and then release slowly.
 - B) In infants, both the radial and carotid pulses are easy to find.
 - C) Gently press the artery against a bone or solid organ.
 - D) Use your thumb to increase the surface area felt.
56. Bradycardia is defined as a pulse rate of:
- A) more than 100 beats/min.
 - B) fewer than 60 beats/min.
 - C) more than 150 beats/min.
 - D) fewer than 100 beats/min.
57. Tachycardia is defined as a pulse rate of:
- A) fewer than 100 beats/min.
 - B) more than 150 beats/min.
 - C) fewer than 60 beats/min.
 - D) more than 100 beats/min.
58. A late sign of shock and an indication that critical decompensation has begun is:
- A) a decrease in blood pressure.
 - B) an increase in blood pressure.
 - C) an increase in respiratory rate.
 - D) a capillary refill time of 3 seconds.

59. An elderly skier has fallen and hit her head. Your early assessment rates her level of consciousness as unresponsive using the AVPU scale. Your initial care should focus on:
- A) determining a more specific Glasgow score.
 - B) airway, breathing, and circulation.
 - C) asking family about the patient's medical history.
 - D) obtaining a baseline set of vital signs.
60. Which of the following pupillary changes would indicate depressed brain function?
- A) Both pupils constrict when a bright light is introduced.
 - B) Both pupils dilate when a bright light is removed.
 - C) One pupil constricts with a bright light while the other does not react with a bright light.
 - D) Both pupils dilate with introduction of a bright light and constrict when the light is removed.
61. The "P" in the SAMPLE history guideline stands for:
- A) Positive findings.
 - B) Patient condition.
 - C) Pertinent past history.
 - D) Problem list.
62. When gathering history on an unconscious patient, the rescuer should:
- A) look for a medical identification card or tag.
 - B) defer SAMPLE history questions until you arrive at the hospital.
 - C) wait for family members to return and provide history before leaving the scene.
 - D) apply painful stimulus until the patient arouses enough to answer questions.

Answer Key

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

- 45. A
- 46. D
- 47. B
- 48. B
- 49. A
- 50. B
- 51. C
- 52. D
- 53. A
- 54. B
- 55. C
- 56. B
- 57. D
- 58. A
- 59. B
- 60. D
- 61. C
- 62. A