



KENYATTA UNIVERSITY
UNIVERSITY EXAMINATIONS 2011/2012

INSTITUTIONAL BASED PROGRAMME (DECEMBER SESSION)
EXAMINATION FOR THE DEGREE OF BACHELOR OF SCIENCE
(MEDICAL LABORATORY)

HML 200: FIRST AID

DATE: WEDNESDAY 2ND MAY 2012

TIME: 2.00 P.M. – 4.00 P.M.

INSTRUCTIONS

SECTION A: ANSWER ALL QUESTIONS (5 MARKS) EACH

1. Briefly describe the ABCs of First Aid. (5 marks)
2. With the aid of a diagram, explain how a patient with a fractured leg is handled. (5 marks)
3. What are the aims of first aid? (5 marks)

SECTION B: ANSWER ONLY ONE QUESTION (20 MARKS EACH)

4. Describe in detail the process involved in evaluating a casualty. (20 marks)
5. Describe the contents of a first aid kit. (20 marks)

SECTION C: ANSWER ALL QUESTIONS BY CIRCLING THE CORRECT ONE
(1/2 MARKS EACH)

1. When making an emergency call, what are the three W's?

- A Who, What, Where
- B Where, What and Why
- C Why, When and Where
- D Who, What and When

2. What is first aid?

- A Completing a primary survey
- B The first help given to the victim of an accident
- C Assessing a victim's vital signs
- D Treating a victim for shock

3. What treatment does a victim whose life threatening condition is "not breathing" need?

- A The Heimlich Maneuver, two rescue breaths and CPR
- B Start CPR immediately

C Twelve to fifteen rescue breaths per minute and correct CPR

D You should follow the steps for rescue breathing

4. The heart is located in the _____ cavity.

A. Thoracic

B. Spinal

C. Cranial

D. Abdominal

5. Sharp, stabbing twinges of pain in the chest is a sure sign of a heart attack.

A. TRUE

B. FALSE

C. Both A and B

D. None of the above

6. The accepted treatment for a femur or thigh fracture is:

A Place a short padded splint on each side of the leg

B This type of fracture is best handled by a traction splint applied by those with special training

C Move the victim before properly applying a leg splint

D Bind both legs with two long splints using two cravats, one above and one below the break

7. The carotid pulse can be felt on the patient's:

A. Neck

B. Wrist

C. Foot

D. Temple

8. Some people are very allergic to insect bites and stings. This condition is called:

A Septic shock

B Cardiac arrest

C Toxic shock syndrome

D. Anaphylactic shock

9. Bright red blood spurting from a wound indicates _____ bleeding.

A venous

B Capillary

C Arterial

D Venule

10. The accepted treatment for a sprained ankle is:

A Remove the shoe and check for swelling using the capillary reflex method

B Keep the shoe on, apply an ankle bandage for support, elevate and apply cold towels

C Keep the shoe on, apply an ankle splint and apply heat if possible

D Have the victim walk or move as soon as possible to prevent stiffness

11. The accepted treatment for a nose bleed is:

A Use direct pressure, elevation and pressure points to control the bleeding

B Tilt the head back and tightly squeeze the nostrils

C Have the victim lean forward. Apply gentle pressure on the nostril. Apply cold towels.

D Lay the victim on his back and treat for shock. Apply heat if available

12. What is the best definition of the "Hurry Cases"?

A Breathing, bleeding and broken bones

B Any condition that threatens a victim's life

C Any illness where the victim vomits

D Any accident requiring rescue breathing

13. After you have surveyed an accident scene and provided for your own safety you should:

A Take charge, remain calm and act with confidence to the level of your training

B Provide primary treatment for shock

C Call your local emergency number

D Provide immediate treatment for the "hurry cases"

14. It is not necessary to determine if a person with an obstructed airway has a pulse.
- A. TRUE
 - B. FALSE
 - C. All of the above
 - D. None of the above
15. To treat a first degree burn you should:
- A Apply a good quality burn cream or ointment
 - B Clean the area thoroughly with hot soapy water
 - C Apply a constricting band between the burn and the heart
 - D Apply cool running water until there is little or no remaining pain
16. A victim that has come in contact with poison ivy should:
- A Wait at least 20 minutes before washing the effected area with hot water and soap
 - B Rinse the effected area immediately with soap and water
 - C Continue to wear clothes that have come in contact with the plant
 - D Immediately scratch and rub the effected area to provide long-term relief from the itching
17. Which of the following techniques is not suitable for moving an unconscious victim?
- A Improvised stretcher
 - B Four-handed seat carry
 - C Two person carry
 - D Blanket drag
18. Assuming you are properly trained, the best procedure to follow for a water rescue is:
- A Throw, row then go
 - B Try to reach from the shore, then throw a rope or rescue device, last go with support
 - C Swim with support, throw a rope or flotation device, reach with a pole from shore
 - D Reach, paddle, swim
19. What is the appropriate treatment for a suspected broken collarbone or shoulder?

- A Apply a simple sling. Bind the sling to the chest with a cravat
- B Use the cross your heart padded chest support method
- C Use the flail chest protection system
- D Apply a modified "Johnson Traction Splint"

20. Which statement about a simple sling is true?

- A The part of the sling against the chest goes over the shoulder on the injured arm
- B The "pigtail" protects the neck from injury from the sling
- C The injured hand should be four to six inches higher than the elbow
- D The part of the sling furthest away from the chest passes over the shoulder on the injured arm

21. White or grayish-yellow patches on someone's ears, noses or cheeks are signs of

- A Frostbite
- B Cold related stress disorder
- C Anaphylactic shock
- D Hypothermia

22. The primary symptom of the advanced stages of hypothermia requiring immediate medical attention is violent shivering

- A TRUE
- B FALSE
- C. None of the above
- D. All of the above

23. To manage a fracture, the first aider should:

- A. not place direct pressure on the injured site
- B. pack and stack padding under the site to help relax muscles
- C. immobilise the end of the fracture
- D. all of the above

24. Which of the following correctly describes the CPR technique for an adult:

- A Four cycles of 15 compressions followed by 1 breath each minute
 - B One cycle of one breath and 10 compressions each 2 to 3 inches deep per minute
 - C Twelve cycles of one breath and 5 compressions per minute
 - D Four cycles of two breaths and 15 compressions per minute
25. What is the best procedure for treating a known poisonous snake bite?

- A Capture the snake. Place it in an ice chest and take the snake and victim to a hospital.
- B Place a constricting bandage 4 inches above the head of the snake to slow the spread of venom
- C Keep the victim calm, keep the bite location lower than the heart, get medical help immediately
- D Treat the victim for shock and continue the planned activity

26. Severe bleeding is a "hurry case." Which one of the following statements is TRUE:

- A Bleeding can seldom be stopped with direct pressure
- B A tourniquet is almost always required to control serious bleeding
- C Should the first sterile pad used become blood soaked, immediately remove it and apply another
- D Try to avoid direct contact with the victim's blood by using latex gloves or another barrier

27. To assess if a person has had a stroke ask them to:

- A. Stand up
- B. Smile
- C. Say their name
- D. Blow a kiss

28. The management of a person suffering an asthma attack is to:

- A. give 2 puffs of preventive medication and then 2 puffs of reliever medication

B. give 4 puffs of reliever medication, if no improvement repeat 4 minutes later, if no improvement call ambulance

C. call an ambulance

D. give 2 puffs of reliever medication and call ambulance

29. Which form of hyperthermia (high body temperature) is more severe?

A. heat stroke

B. heat stress

C. heat exhaustion

D. cramps

30. A person who has injured their spine high in the neck and has lost the ability to breathe by themselves is said to have:

A. paraplegia

B. quadriplegia

C. tetraplegia

D. hexaplegia

