

- 1. Which of the following statements is incorrect regarding spinal motion restriction?**
 - A. Neck traction should be applied to extend the neck upward during cervical collar application
 - B. A long backboard is not indicated in penetrating wounds of the torso, neck, or head unless there is clinical evidence of a spine injury
 - C. Patients should be removed from the long spine board when it is safe and practical to do so
 - D. Remaining on the board for prolonged periods can produce discomfort, pressure sores, and respiratory compromise

- 2. During transport, a trauma patient develops shallow and rapid breathing, cyanosis and a weak, rapid carotid pulse with distended neck veins and diminished breath sounds on the right. You should:**
 - A. Intubate the patient
 - B. Establish intravenous access
 - C. Decompress the right chest
 - D. Perform a pericardiocentesis

- 3. A 33-year-old male receives 15% partial thickness thermal burns. You should:**
 - A. Clean and apply ice packs to the burned area
 - B. Apply burn cream
 - C. Clean and cover the burns with an antimicrobial sheet
 - D. Cover the burn with a clean, dry dressing

- 4. Which of the following is the most common cause of abdominal trauma?**
 - A. Caustic ingestion
 - B. Blunt force trauma
 - C. Aggressive bag-mask ventilation
 - D. Penetrating trauma

- 5. Which of the following organs is contained in the retroperitoneal region of the abdomen?**
 - A. Liver
 - B. Uterus
 - C. Stomach
 - D. Kidney

6. **A 16-year-old female is rescued from a burning house. She has 25% partial thickness burns, and the burned areas are hot to the touch. What is the appropriate treatment?**
- A. Apply clean water to burned areas for up to 5-10 minutes
 - B. Do not apply anything to burned areas other than clean sheets
 - C. Apply ice to burned areas until cool to the touch
 - D. Apply iced water to burned areas until cool to the touch
7. **The purpose of the ITLS Primary Survey is to:**
- A. Establish measured baseline vital signs
 - B. Determine if the patient has any medical allergies
 - C. Identify all immediate life threats within the first 2 minutes
 - D. Obtain a detailed medical history
8. **A 33-year-old female’s leg was trapped in a piece of industrial equipment and has been extricated. She is now complaining of severe lower leg pain. Patient is alert and oriented with no signs of external hemorrhage. Vital signs are BP 132/78, P 96 and R 20. Which of the following is indicated?**
- A. Administer sodium bicarbonate
 - B. Apply a traction splint
 - C. Apply a tourniquet proximal to the injury site
 - D. Administer a pain management medication
9. **Supine hypotension syndrome in the pregnant patient is caused by:**
- A. Atelectasis of the lungs
 - B. Gastric reflux
 - C. Uterine obstruction of venous blood flow
 - D. Uterine pressure on the vagal nerve
10. **As intracerebral pressure rises after an isolated head injury, what does the systolic blood pressure do?**
- A. Decreases
 - B. Changes randomly
 - C. Stays the same
 - D. Increases
11. **Which of the following statements regarding SPO₂ is correct?**
- A. As a general rule, any pulse oximeter reading below 95% is cause for concern
 - B. SPO₂ is unreliable in trauma patients and has no value in their assessment
 - C. An SPO₂ reading of 90% is equivalent to a PAO₂ reading of 90 mmHg
 - D. You should try to maintain a pulse oximeter reading of 95% or higher in your trauma patient

- 12. What is the most common cause of cardiopulmonary arrest in the trauma patient?**
- A. Hypoxemia
 - B. Ventricular arrhythmia
 - C. Brain injury
 - D. Myocardial contusion
- 13. A 54-year-old male is involved in a motor vehicle collision. The steering wheel is bent. During your initial assessment, you note his skin is pale, radial pulses are present and breath sounds are clear. The patient is tender over his sternum and complains of chest pain. Which intrathoracic injury should you suspect given the above findings?**
- A. Traumatic aortic rupture
 - B. Tension pneumothorax
 - C. Flail chest
 - D. Cardiac contusion
- 14. In the geriatric patient, which of the following findings is most likely caused by an acute injury?**
- A. Hypotension
 - B. Decreased peripheral vision
 - C. Edema of the lower extremities
 - D. Loss of lung tissue elasticity
- 15. Proper immobilization of a forearm (radius and ulna) fracture includes splinting the:**
- A. Fracture site only
 - B. Wrist, elbow and fracture site
 - C. Elbow and fracture site
 - D. Wrist and fracture site
- 16. Prolonged scene times may reflect:**
- A. Delivery of better care
 - B. Ineffective team collaboration
 - C. A decrease in death rates
 - D. Accomplishment of interventions
- 17. Establishing vascular access on scene for burn management is indicated:**
- A. To initiate fluid resuscitation based on the Parkland Formula
 - B. To dilute a chemical burn
 - C. To administer medication
 - D. To cool a thermal burn

- 18. In which situation should an Emergency Rescue be performed?**
- A. Amputated upper extremity
 - B. Third trimester pregnant patient
 - C. Leaking antifreeze from a vehicle radiator
 - D. Sudden release of toxic fumes
- 19. A 78-year-old female driver struck a parked car while she was traveling at a low rate of speed. She is complaining of shortness of breath and chest pain. Your assessment and treatment should include:**
- A. Breath sounds, history, aspirin administration
 - B. Breath sounds, history, ECG
 - C. Breath sounds, history, place in a position of comfort
 - D. Breath sounds, history, nitroglycerine administration
- 20. Which of the following has a greater chance of surviving traumatic cardiopulmonary arrest?**
- A. Patients with non-dilated pupils
 - B. Patients with penetrating chest trauma who are hypothermic
 - C. Patients who suffer blunt force trauma to the torso
 - D. Patients with dilated unresponsive pupils
- 21. A 3-year-old male fell 9 feet (3 meters). He has a decreased level of consciousness and is making persistent "grunting" sounds with respirations. Your initial treatment is to:**
- A. Suction the patient and apply oxygen with a nasal cannula
 - B. Quickly complete a rapid trauma survey
 - C. Provide ventilatory support with supplementary oxygen
 - D. Apply a cervical collar and transport immediately
- 22. Which of the following indicates a state of hyperventilation?**
- A. A tidal volume of less than 400 ml
 - B. An end tidal carbon dioxide level less than 30 mmHg
 - C. An adult respiratory rate greater than 18 per minute
 - D. An oxygen saturation greater than 94%
- 23. Which of the following regarding patient positioning for external jugular cannulation is incorrect?**
- A. If you suspect cervical-spine injury, the head must not be turned during cannulation
 - B. Elevate the head to distend the vein and prevent air embolism
 - C. The patient must be in the supine position
 - D. If no suspicion of cervical-spine injury exists, turn the patient's head to the opposite side

- 24. Based on the reported mechanism of injury, which patient is likely not to require spinal motion restriction?**
- A. 24-year-old with a gunshot wound to the chest
 - B. 14-year-old male with a stab wound to the back of the neck 5 cm from the spine
 - C. 7-year-old pulled unresponsive from a pond
 - D. 15-year-old female with extremity numbness and tingling after falling backward
- 25. Which of the following is not a potential complication of performing chest decompression?**
- A. Difficulty in monitoring the site
 - B. Causing a pneumothorax
 - C. Blood vessel laceration
 - D. Nerve damage
- 26. You may have been exposed to a contaminant (air or fluid borne). You should:**
- A. Report the exposure if testing shows a positive result
 - B. Only be concerned if the exposure was to HIV
 - C. Seek treatment within hours of the exposure
 - D. Only be concerned if the exposure was to Hepatitis B
- 27. A brief neurologic exam of an altered mental status patient includes:**
- A. Glucose check, pulse oximetry, pupil examination
 - B. Corneal reflex, pupil examination, pulse/motor/sensory
 - C. Glasgow Coma Scale, glucose check, pupil examination
 - D. Glasgow Coma Scale, corneal reflex, ETCO₂
- 28. The depth of the ET tube at the teeth should be approximately ____ times the diameter of the tube.**
- A. 3
 - B. 5
 - C. 2
 - D. 4
- 29. Which of the following findings would indicate the airway needs to be suctioned?**
- A. Poor respiratory effort
 - B. Presence of dried blood in the nares
 - C. Gurgling sounds with respiration
 - D. Shock

- 30. When transporting a third trimester pregnant trauma patient in spinal motion restriction, you should:**
- A. Secure the patient in the left lateral recumbent position
 - B. Tilt or rotate the board or patient 15-30 degrees to the left
 - C. Initiate intravenous fluids at 20 cc/kg
 - D. Manually displace the uterus to the right
- 31. Which of the following regarding trauma in the elderly is true?**
- A. Elderly patients have a better outcome following burns than younger patients
 - B. Motor vehicle collisions are an uncommon mechanism of injury
 - C. Elderly patients are less likely to bleed internally than younger patients
 - D. Fatal outcomes are more likely in the elderly than in the young
- 32. Which of the following changes is most useful to monitor in the child with head injury?**
- A. Level of consciousness
 - B. Sensory exam
 - C. Frequency of vomiting
 - D. Reflexes
- 33. Which of the following sets of vital signs is most compatible with a diagnosis of isolated traumatic brain injury with increasing intracranial pressure?**
- A. BP 80/60; P 130
 - B. BP 170/100; P 130
 - C. BP 170/100; P 50
 - D. BP 80/60; P 50
- 34. Overinflation of an LMA mask can cause all of the following except:**
- A. Vomiting
 - B. Trauma
 - C. Malposition
 - D. Loss of seal
- 35. Upon arrival at a trauma scene, you should complete a(n):**
- A. Scene size-up
 - B. ITLS Reassessment Exam
 - C. Initial assessment
 - D. Rapid trauma survey

- 36. Barbiturates as a sedative for the head-injured patient should be administered carefully because they:**
- A. Increase intracranial pressure
 - B. Decrease blood pressure
 - C. Increase cerebral oxygen demand
 - D. Increase the likelihood of seizures
- 37. A disoriented 23-year-old male is injured in a motorcycle collision. The patient appears to be intoxicated and does not want medical attention despite a large laceration on his scalp, which is actively bleeding. You should:**
- A. Discuss the impact of alcohol abuse with him
 - B. Wait until the patient loses consciousness and then transport
 - C. Have the patient call a friend or family member and have them drive him home and sleep it off
 - D. Treat him as a head injured patient
- 38. A 31-year-old female was the restrained driver of a vehicle that hit a utility pole at moderate speed. The driver's side airbag deployed. She is alert, oriented and anxious. She reports that she is 8 months pregnant and complains of abdominal, chest and lower extremity pain. Her vital signs are BP 100/60, P 90 and R 20. Your impression and interventions are:**
- A. Anxiety treated with emotional support and transport
 - B. Early signs of shock treated with oxygen and fluid administration
 - C. Compensated shock treated with oxygen, fluid administration at 20 ml/kg
 - D. Normal vital signs, no intervention required except transport
- 39. Which treatment is indicated for the patient who is entrapped for an extended period of time with an isolated crush injury to the lower extremity?**
- A. 5% Dextrose intravenous fluids
 - B. Calcium chloride and tourniquet application
 - C. NSS intravenous fluids only
 - D. Sodium bicarbonate and intravenous fluids
- 40. A 24-year-old male is involved in a head-on collision. If you suspect:**
- A. A spinal injury, administer sedation
 - B. A chest injury, obtain an ECG
 - C. Lower leg injuries, administer fluid resuscitation at 20 ml/kg
 - D. A head injury, administer an anti-seizure medication

- 41. Which of the following is considered one of the four essential components to maintain normal perfusion?**
- A. Fluid levels
 - B. ETCO₂ levels
 - C. Serum lactate levels
 - D. SaO₂ levels
- 42. Which of the following would be the most compelling reason to immediately intubate a patient?**
- A. Gurgling respirations
 - B. Inability to ventilate
 - C. Snoring respirations
 - D. Traumatic arrest
- 43. Which of the following is the correct orientation for inserting an intraosseous needle to the proximal tibia?**
- A. Medial to the midline, pointing toward the growth plate
 - B. Lateral to the midline, pointing toward the growth plate
 - C. Medial to the midline, avoiding the growth plate
 - D. Lateral to the midline, avoiding the growth plate
- 44. A 23-year-old female fell from a second-floor balcony. Upon arrival, you find her lying in the grass. She responds to verbal commands and your assessment reveals flat neck veins, and normal chest, abdomen and pelvis examinations. Vital signs are BP 74/40, P 54 and weak, and R 16. You should suspect:**
- A. Relative hypovolemic (high-space) shock
 - B. Cardiogenic shock
 - C. Hypovolemic shock
 - D. Mechanical (obstructive) shock
- 45. A 15-year-old male was stabbed and has an abdominal evisceration. The patient is alert and oriented, BP 112/68, P 94 and R 18. You should:**
- A. Pack the wound with a hemostatic agent and perform complete spinal motion restriction
 - B. Cover any protruding organs or viscera with gauze moistened with normal saline
 - C. Irrigate any protruding organs or viscera and gently push back into the wound
 - D. Prepare the patient for immediate transport and establish vascular access en route

- 46. What site is generally the easiest to landmark for intraosseous infusion?**
- A. Distal humerus
 - B. Distal fibula
 - C. Proximal femur
 - D. Proximal tibia
- 47. An unresponsive 34-year-old female was struck by a motor vehicle. You observe asymmetrical chest wall movement with a flail segment on the right. Following delegation of c-spine control and opening the airway, you should:**
- A. Place a cervical collar
 - B. Establish pain management plan
 - C. Consider bag-mask ventilation
 - D. Administer low-flow oxygen
- 48. Which of the following concerning blast injury is true?**
- A. Secondary blast injury is caused by objects propelled by the explosion
 - B. Quaternary blast injury is caused by the displacement of the body
 - C. Primary blast injury is caused by heat
 - D. Tertiary blast injury is caused by toxic fumes
- 49. An unresponsive 5-year-old female was struck by a car. She presents with retractions and nasal flaring. The airway is patent, breathing is fast and shallow, and the carotid pulse is weak and slow. Which of the steps in her management should be done first?**
- A. Complete spinal motion restriction
 - B. Call medical command
 - C. Initiate ventilatory assistance
 - D. Immediately load and transport
- 50. A 23-year-old female fell from a second-floor balcony. Upon arrival, you find her lying in the grass. She responds to verbal commands and your assessment reveals flat neck veins, and normal chest, abdomen and pelvis examinations. Her skin is cool, clammy and ashen; respirations are rapid and shallow; radial pulses are too rapid to count and thready. You place her on the heart monitor and it shows a wide-complex tachycardia of about 280 per minute. You should suspect:**
- A. Relative hypovolemic (high-space) shock
 - B. Cardiogenic shock
 - C. Hypovolemic shock
 - D. Mechanical (obstructive) shock

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