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

1. A
Objective: Chapter 1, Objective 5
Page: 9 Table 1-3
Rationale: The sudden increase in acceleration produces posterior displacement of the occupants and possible hyperextension of the cervical spine if the headrest is not properly adjusted. The potential for cervical spine injuries is great.

2. D
Objective: Chapter 2, Objective 3
Page: 29
Rationale: The purpose of the initial assessment is to prioritize the patient and to identify all immediately life-threatening conditions. The information gathered is used to make decisions about critical interventions and time of transport.

3. C
Objective: Chapter 7, Objective 7
Page: 136
Rationale: Manipulating the thyroid cartilage can help bring the vocal cords into view during endotracheal intubation. This is called external laryngeal manipulation (ELM). The movement is usually pressing the thyroid cartilage backward against the esophagus and then upward and slightly to the patient's right side.

4. B
Objective: Chapter 4, Objective 4
Page: 68
Rationale: The pericardial sac is an inelastic membrane that surrounds the heart. If blood collects rapidly between the heart and pericardium from a cardiac injury, the ventricles of the heart will be compressed, making the heart less able to refill, and cardiac output falls.

5. A
Objective: Chapter 4, Objective 4
Page: 65
Rationale: This is an example of internal, uncontrolled hemorrhage. Administer sufficient normal saline to maintain peripheral perfusion, following local or EMS agency medical direction policies. Maintaining peripheral perfusion is generally defined as giving enough fluid—usually in boluses—to return a peripheral pulse, such as a radial pulse.

6. D
Objective: Chapter 12, Objective 7
Page: 234
Rationale: The classic findings of this life-threatening situation are a decreasing level of consciousness (LOC) that rapidly progresses to coma, dilation of the pupil and an outward–downward deviation of the eye on the side of the injury, paralysis of the arm and leg on the side opposite the injury, or decerebrate posturing (arms and legs extended). The danger of immediate herniation outweighs the risk of cerebral ischemia that can follow hyperventilation. The cerebral herniation syndrome is the only situation in which hyperventilation is still indicated. (You must ventilate every three seconds [20/minute] for adults.)

7. C
Objective: Chapter 10, Objective 3
Page: 188
Rationale: Certain mechanisms of trauma can overcome the protective properties, injuring the spinal column and cord. The most common mechanisms are hyperextension, hyperflexion, compression, and rotation. Less commonly, lateral stress or distraction will injure the cord.

8. A
Objective: Chapter 18, Objective 3
Page: 340
Rationale: Look for signs of airway obstruction in the child, including apnea, stridor, and "gurgling" respirations. If identified, perform a jaw-thrust maneuver without moving the neck.

9. D
Objective: Chapter 2, Objective 2
Page: 28 & 29
Rationale: This team approach makes the most efficient use of time and allows you to rapidly perform the initial assessment without becoming distracted by performing the necessary interventions yourself, which can interrupt your thought process and cause errors.

10. C
Objective: Chapter 6, Objective 4
Page: 104
Rationale: Mild hemorrhage from the nose after insertion of the airway is not an indication to remove it. In fact, it is probably better to keep an NPA in place so as not to disturb the clot or reactivate the bleeding.

11. D
Objective: Chapter 8, Objective 6
Page: 163
Rationale: The development of decreased lung compliance (difficulty in squeezing the bag-mask device) in the intubated patient should always alert you to the possibility of a tension pneumothorax.

12. B
Objective: Chapter 4, Objective 4
Page: 65
Rationale: Give only enough normal saline to maintain a blood pressure high enough for adequate peripheral perfusion. Maintaining peripheral perfusion may be defined as producing a peripheral pulse (such as a radial pulse).

13. C
Objective: Chapter 7, Objective 10
Page: 136
Rationale: Although the most reliable method of ensuring proper placement is actually visualizing the tube passing through the glottic opening, even this is not 100% certain. In fact, it is only reliable for the moment you see it. The gold standard for confirming and monitoring ETT placement is waveform capnography.

14. A
Objective: Chapter 18, Objective 2
Page: 335
Rationale: Children are most commonly injured from falls (either from standing height or higher), motor vehicle collisions, automobile–pedestrian or bicycle crashes, burns, submersion injuries (drowning), and child abuse.

15. B
Objective: Chapter 2, Objective 5
Page: 34
Rationale: Conditions that can rapidly lead to shock include penetrating wounds to the torso, abnormal chest exam, tender distended abdomen, pelvic instability and bilateral femur fractures.

16. D
Objective: Chapter 4, Objective 5
Page: 112
Rationale: Predictors of difficult mask ventilation can be remembered using the "BOOTS" mnemonic:
B – Beards
O – Obesity
O – Older patients
T – Toothlessness
S – Snores or stridor

17. D
Objective: Chapter 6, Objective 5
Page: 111
Rationale: The development of decreased lung compliance (difficulty in squeezing the bag-mask device) in the intubated patient should always alert you to the possibility of a tension pneumothorax.

18. A
Objective: Chapter 5, Objective 6
Page: 92
Rationale: Pack the hemostatic agent in the wound and hold firm pressure. The hemostatic agent is an "adjunct" to assist in controlling hemorrhage, not a hemorrhage control by itself.

19. A
Objective: Chapter 12, Objective 8
Page: 233
Rationale: Hyperventilation actually has only a slight effect on brain swelling, but causes a significant decrease in cerebral perfusion from that same vasoconstriction, resulting in cerebral hypoxia. Thus, both hyperventilation and hypoventilation can cause cerebral ischemia and increased mortality in the TBI patient.

20. A
Objective: Chapter 2, Objective 4
Page: 28
Rationale: You may interrupt the assessment sequence only if (1) the scene becomes unsafe, (2) you must treat exsanguinating hemorrhage, (3) you must treat an airway obstruction, or (4) you must treat cardiac arrest. (Respiratory arrest, dyspnea, or bleeding management should be delegated to other team members while you continue assessment of the patient.)

21. D
Objective: Chapter 6, Objective 4
Page: 110
Rationale: Bag-valve-mask ventilation has challenges because pressures generated by squeezing the bag may equal or exceed 60 cm H_2O.

22. B
Objective: Chapter 8, Objective 2
Page: 169
Rationale: Pulmonary contusion is a very common chest injury. It is caused by hemorrhage into lung parenchyma secondary to blunt force trauma or penetrating injury such as a missile. It occurs commonly with flail segment or multiple rib fractures. A pulmonary contusion takes hours to develop and rarely develops during prehospital care.

23. D
Objective: Chapter 4, Objective 5a
Page: 63
Rationale: When bleeding is controlled, give normal saline as a bolus (500 mL in adults; 20 mL/kg in pediatric patients) rapidly and then repeat the ITLS Reassessment Exam.

24. A
Objective: Chapter 12, Objective 6
Page: 246
Rationale: Hyperventilation and hypoventilation can cause cerebral ischemia and increased mortality in the TBI patient. Maintain normal ventilation (not hyperventilation) with high-flow oxygen at a rate of about one breath every 6 to 8 seconds (8 to 10 per minute) to maintain an end-tidal CO_2 ($ETCO_2$) of 35–45 mmHg.

25. A
Objective: Chapter 3, Objective 1
Page: 49
Rationale: Suspect head injury unless patient is alert, then suspect eye injury.

26. D
Objective: Chapter 6, Objective 3
Page: 108
Rationale: Supplemental oxygen is recommended for all trauma patients, especially if hypoxic.

27. D
Objective: Chapter 8, Objective 6
Page: 163
Rationale: Clinical signs of shock may be apparent. The neck veins are usually flat secondary to profound hypovolemia, but may very rarely be distended due to mediastinal compression. Other signs of hemothorax include decreased breath sounds and dullness to percussion on the affected side.

28. C
Objective: Chapter 4, Objective 4
Page: 63
Rationale: Hypovolemic shock victims usually have tachycardia, are pale, and have flat neck veins. So, if you find a trauma victim with a fast heart rate, who is pale, with weak radial pulses and flat neck veins, this patient is probably bleeding from some injury, either internally or externally (or possibly both).

29. D
Objective: Chapter 12, Objective 4
Page: 232
Rationale: Secondary brain injury is the result of hypoxia and/or decreased perfusion of brain tissue.

30. A
Objective: Chapter 2, Objective 4
Page: 28
Rationale: Remember, once you begin patient assessment in the ITLS Primary Survey, only four things should cause you to interrupt completion of the assessment. You may interrupt the assessment sequence only if (1) the scene becomes unsafe, (2) you must treat exsanguinating hemorrhage, (3) you must treat an airway obstruction, or (4) you must treat cardiac arrest.

31. D
Objective: Chapter 6, Objective 2
Page: 103
Rationale: It can be hand-powered or battery-powered rather than oxygen-driven.

32. B
Objective: Chapter 17, Objective 6.c
Page: 322
Rationale: The most serious and immediate injury that results from electrical contact is cardiac dysrhythmia.

33. B
Objective: Chapter 18, Objective 2
Page: 349
Rationale: Changing level of consciousness is the best indicator of traumatic brain injury.

34. C
Objective: Chapter 21, Objective 4
Page: 382
Rationale: An altered mental status can be seen in every form of substance abuse. However, remember that an altered level of consciousness is always due to a head injury, shock, or hypoglycemia until proven otherwise. Also remember that all patients have an emergency medical condition until proven otherwise.

35. A
Objective: Chapter 9, Objective 3
Page: 179
Rationale: Insert the needle into the intercostal space at a 90-degree angle to the superior border of the fifth rib to avoid the neurovascular bundle.

36. C
Objective: Chapter 19, Objective 1
Page: 357
Rationale: Geriatric patients can die from less severe injuries than younger patients. In addition, it is often difficult to separate the effects of the aging process or of a chronic illness from the consequences of an injury.

37. D
Objective: Chapter 1, Objective 4
Page: 14
Rationale: Generally, damage done is proportional to tissue density. Highly dense organs such as bone, muscle, and the liver sustain more damage than less dense organs such as the lungs.

38. B
Objective: Chapter 2, Objective 5
Page: 34 “PEARLS”
Rationale: The following procedures are done at the scene: control major external bleeding, open and maintain a patent airway (position, sweep, suction; intubate if indicated and necessary), ventilate, apply oxygen, initiate CPR, seal sucking chest wounds, stabilize flail segments, decompress tension pneumothorax when indicated, stabilize penetrating objects, and maintain SMR if indicated.

39. B
Objective: Chapter 8, Objective 6
Page: 163
Rationale: Clinical signs of a tension pneumothorax include dyspnea, anxiety, tachypnea, distended neck veins, and possibly tracheal deviation away from the affected side. Auscultation will reveal diminished breath sounds on the affected side and will be accompanied by hyperresonance when percussed. Shock with hypotension will follow and is not present with a simple pneumothorax.

40. D
Objective: Chapter 6, Objective 6
Page: 70
Rationale: For uncontrolled hemorrhage, do not hesitate to apply a tourniquet to a bleeding extremity to stop severe bleeding that cannot be otherwise controlled. If you cannot stop severe bleeding with pressure and cannot use a tourniquet (groin, axilla, neck, face, scalp), you may use one of the hemostatic agents. The hemostatic agent is an "adjunct" to assist in controlling hemorrhage, not a hemorrhage control by itself.

41. B
Objective: Chapter 12, Objective 4
Page: 233
Rationale: When the intracranial pressure increases, the systemic blood pressure increases to try to preserve blood flow to the brain. The body senses the rise in systemic blood pressure, and this triggers a drop in the pulse rate as the body tries to lower the systemic blood pressure.

42. C
Objective: Chapter 2, Objective 5
Page: 34 "PEARLS"
Rationale: If your patient has major bleeding, the priority is C-A-B-C. The first C stands for control life-threatening bleeding. (Do not confuse this with the American Heart Association/ILCOR's "CAB" for cardiac arrest, where the C stands for compressions.) If your patient has major external bleeding, you must immediately control it.

43. B
Objective: Chapter 8, Objective 1
Page: 165
Rationale: Pulsus paradoxus, or paradoxical pulse, may be noted. This is where the radial pulse is not felt with inspiration. The major differential diagnosis in the field is tension pneumothorax. With cardiac tamponade, the patient will be in shock with equal breath sounds and a midline.

44. B
Objective: Chapter 14, Objective 2.c
Page: 265
Rationale: It is very rare for a tourniquet not to control severe extremity bleeding. Consider application of a second tourniquet in this situation. A second tourniquet should be applied just below the first one. Do not take the first tourniquet down to reapply it.

45. D
Objective: Chapter 12, Objective 5
Page: 243
Rationale: If the patient has a normal level of consciousness, the dilated pupil is not from head injury (more likely due to eye trauma or drugs such as atropine).

46. D
Objective: Chapter 10, Objective 2
Page: 184
Rationale: Immobilization onto a long backboard is not indicated in penetrating wounds of torso, neck, or head unless there is clinical evidence of a spine injury.

47. B
Objective: Chapter 16, Objective 1
Page: 296
Rationale: Hypoxemia is the most common cause of traumatic cardiopulmonary arrest. Acute airway obstruction or ineffective breathing will be clinically manifested as hypoxemia.

48. D
Objective: Chapter 8, Objective 1
Page: Starting on page 159. (Note the "Procedure" sections for each chest injury)
Rationale: Primary goals in treating the patient with chest trauma are the following:
- Ensure an open airway while protecting the cervical spine
- Administer high-flow oxygen and ventilate if necessary
- Stabilize flail segments
- Seal sucking chest wounds
- Decompress the chest if needed
- Load and go to appropriate level of care
- Obtain venous access
- Transport to appropriate level of care
- Notify medical direction

49. A
Objective: Chapter 4, Objective 5b
Page: 65
Rationale: This patient is in compensated shock from possible internal hemorrhage. Administer sufficient normal saline to maintain peripheral perfusion, following local or EMS agency medical direction policies. Maintaining peripheral perfusion is generally defined as giving enough fluid—usually in boluses—to return a peripheral pulse, such as a radial pulse.

50. A
Objective: Chapter 12, Objective 6
Page: 235
Rationale: Hyperventilation and hypoventilation can cause cerebral ischemia and increased mortality in the TBI patient. Maintaining normal ventilation (not hyperventilation) with high-flow oxygen at a rate of about one breath every 6 to 8 seconds (8 to 10 per minute) to maintain an end-tidal CO_2 ($ETCO_2$) of 35–45.