

1. When considering the physical examination a head-to-toe approach is appropriate, because _____.
 - A) in athletics, most injuries are traumatic.
 - B) it is the most commonly used approach by emergency medical services (EMS).
 - C) using the same approach as EMS allows smooth transitions of care.
 - D) All of the above
 - E) A & C only

2. A physical examination has four components. _____ involves a close examination of the injured area.
 - A) Auscultation
 - B) Inspection
 - C) Palpation
 - D) Percussion

3. _____ consists of touching an injured area to identify areas of tenderness, deformity, and crepitus.
 - A) Auscultation
 - B) Percussion
 - C) Palpation
 - D) Inspection

4. Percussion involves _____.
 - A) touching injured areas to identify points of tenderness
 - B) examining an area and looking for bleeding and contusions
 - C) listening to breathing sounds using a stethoscope
 - D) tapping on an injured area to listen and identify tympanic sounds

5. _____ is used to assess thoracic and abdominal injuries through the assessment of tympanic sounds.
 - A) Auscultation
 - B) Percussion
 - C) Palpation
 - D) Inspection

6. _____ refers to listening to lung sounds with a stethoscope, which can be quite difficult in a noisy environment.
- A) Auscultation
 - B) Percussion
 - C) Palpation
 - D) Inspection
7. The golden hour _____.
- A) refers to the concept of rapid and effective management of traumatic injuries
 - B) must be kept in mind by athletic trainers, because a delay in summoning emergency medical services (EMS) cuts into this time frame
 - C) conceptually means that paramedics should keep their on-scene time to less than 10 minutes
 - D) All of the above
8. Which of the following are questions that represent “surveying the scene”?
- A) Is the scene safe?
 - B) Are there hazards in the area?
 - C) Is the athlete moving?
 - D) A & B
 - E) A, B, & C
9. “Is the scene safe?” “Are there hazards, blood, or water?” “Are bystanders or teammates trying to move the athlete?” “Do you have sufficient resources and equipment to manage the injured athlete?”
- These questions represent the questions that should be asked as you _____.
- A) perform auscultation
 - B) survey the scene
 - C) administer the secondary survey
 - D) perform your primary survey
10. When attempting to manage the airway during the primary survey, which of the following is an indication that the patient's airway is not completely clear?
- A) The patient speaks in a clear and normal voice.
 - B) The patient's airway is patent.
 - C) When the patient breaths in you note gurgling.
 - D) You note stridor when the patient breathes, which is indicative of a foreign body.
 - E) All of the above
 - F) C & D

11. Which of the following would be considered abnormal during the breathing assessment?
1. The chest is rising and falling in a symmetrical fashion.
 2. There is a lack of breathing
 3. The respiration rate is 10 breaths per minute.
 4. The respiration rate is greater than 30 breaths per minute.
 5. The oral mucosa is cyanotic.
- A) 1, 2, 4
B) 1, 3, 5
C) 2 only
D) 2, 4, 5
12. Which of the following is true regarding decreased circulation and ventilation?
- A) Cyanotic nail beds
B) Reduced or lack of capillary refill
C) Strong regular radial pulse
D) A & B
E) B & C
13. Perfusion _____.
A) is the process by which body tissues are oxygenated
B) is the process by which carbon dioxide is removed from tissues
C) is the process by which blood circulates to body tissues
D) is the process by which carbon monoxide is deposited in body tissues
14. During the secondary survey _____.
A) the clinician must continue to monitor breathing
B) a complete head-to-toe assessment must be performed to rule out other injuries
C) the focus is on life-threatening injuries
D) A & B
E) A & C
15. During the secondary survey you would listen for _____.
A) masses
B) deformity
C) crepitus
D) rigidity
E) abnormal breathing sounds

16. During the secondary survey you would palpate for _____.
A) contusions
B) abrasions
C) pain
D) deformity
E) lacerations
17. During the head-to-toe examination, which of the following would you be looking for with respect to the eyes?
A) That they are equal in size
B) That they react to light
C) That they accommodate
D) All of the above
18. Which of the following are elements of the head-to-toe examination?
A) Examining the pupils to ensure that the pupils are equal and reactive to light
B) Palpating the chest for pain and asymmetrical motion
C) Palpating each leg and arm for deformity and pain
D) All of the above
19. Which of the following are means of assessing circulation?
A) Capillary refill of the nailbed
B) Assessing radial pulse in both extremities
C) Identifying the palmar pedal pulse
D) A & B
E) A, B, & C
20. When performing the head-to-toe examination as part of the secondary survey, which of the following is not a true statement?
A) The assessment should be performed in less than 1 minute.
B) One radial pulse should be assessed to ensure that the heart is functioning.
C) Only the upper-right quadrant should be assessed for rigidity.
D) Compression of the iliac crests should be performed to check for contusions.
21. How many vital signs are there?
A) 3
B) 6
C) 9
D) 2

22. How often should vital signs be assessed in critically injured patients?
- A) Every minute
 - B) Every 3 minutes
 - C) Every 5 to 15 minutes
 - D) Every 30 seconds
23. When considering vital signs for adults, children up to age 6, and children entering puberty, which of the following are true?
- A) Vital signs of children entering puberty are similar to those in adults.
 - B) Well-conditioned athletes tend to have vital signs on the high end of the normal range.
 - C) The average pulse rate for children is greater than 30 beats per minute.
 - D) The average respiration rate for adults is 40 breaths per minute.
24. During an assessment of pulse rate_____.
- A) an individual's pulse may be excessively strong or weak
 - B) a weak pulse may be indicative of inadequate tissue perfusion
 - C) an irregular pulse rate requires additional follow-up, as it may be the sign of an arrhythmia
 - D) an electrocardiogram (EKG) may be warranted as a follow-up to an irregular rate
 - E) All of the above
25. A heart rate of 150 beats per minute means that a person is experiencing _____.
- A) bradycardia
 - B) tachycardia
 - C) supraventricular tachycardia
 - D) supraventricular bradycardia
26. A heart rate less than 60 beats per minute means that a person is experiencing _____.
- A) bradycardia
 - B) tachycardia
 - C) supraventricular tachycardia
 - D) supraventricular bradycardia
27. It is not uncommon for young athletes to exhibit a pulse rate of less than 60 beats per minute because of their increased level of fitness.
- A) True
 - B) False
 - C) Cannot be determined from the information provided

28. Which of the following, in addition to the upper arm, are locations that blood pressure can be assessed?

- A) Lower leg
- B) Thigh
- C) Foot
- D) All of the above

29. Blood pressure cuffs that are too small will give falsely high readings. Blood pressure cuffs that are too large will give falsely high readings.

- A) True for both statements
- B) True for only the first statement
- C) True only for the second statement
- D) False for both statements

30. Which of the following actions are appropriate when assessing blood pressure?

1. Placing the cuff over a long sleeve shirt
2. Placing the stethoscope over the artery
3. Placing the cuff on the upper arm
4. Inflating the cuff 15 to 20 mm Hg above the point when Korotkoff's sounds disappear
5. Slowly release cuff pressure and listen for Korotkoff's sounds

- A) 1, 2, 3, 4, 5
- B) 2, 1, 4, 3
- C) 3, 2, 4, 5
- D) 1, 3, 2, 5, 4

31. Systolic blood pressure is _____.

- A) measured when Korotkoff's sounds are absent
- B) measured when Korotkoff's sounds are heard
- C) the pressure during ventricular contractions
- D) A & C
- E) B & C

32. The gradient between systolic and diastolic blood pressure is referred to as _____.

- A) mean arterial pressure
- B) mean pulse pressure
- C) mean venous pressure
- D) pulse pressure

33. Following the assessment of a patient's blood pressure you take note of the fact that his blood pressure was 100/75 mm Hg. Which of the following is true?
- A) The patient has normal blood pressure.
 - B) The patient has hypotension.
 - C) The patient has hypertension.
 - D) None of the above
34. You assessed one of your coworker's blood pressure and you note that her blood pressure reading was 92/75 mm Hg. Which of the following is true?
- A) The patient has normal blood pressure.
 - B) The patient has hypotension.
 - C) The patient has hypertension.
 - D) None of the above are true.
35. Which of the following would be considered to be the blood pressure of someone with hypertension?
- A) 122/83 mm Hg
 - B) 145/90 mm Hg
 - C) 100/75 mm Hg
 - D) 118/69 mm Hg
36. Normal respiration rate is _____.
- A) 10 to 20 breaths per minute
 - B) greater than 20 breaths per minute
 - C) less than 10 breaths per minute
 - D) All of the above
37. A recent study evaluating temperature measurements revealed that temperatures taken by mouth, ear, axilla, and forehead tend to be higher than rectal temperatures.
- A) True
 - B) True for oral and axilla temperatures
 - C) True for all except the forehead
 - D) False

38. Pulse oximetry is used to measure oxygen levels in the blood. Which of the following would be a sign that the individual has a low level of oxygen in the hemoglobin, requiring supplemental oxygen?
- A) 95%
 - B) 80%
 - C) 92%
 - D) 98%
39. Which of the following are factors that could interfere with a pulse oximeter's ability to take readings?
- A) Cold fingers
 - B) Low blood pressure
 - C) Normal pulse rate
 - D) Low light
 - E) A & B
40. Pain is an important element that must be part of your evaluation. Which of the following is true regarding the assessment of pain?
- A) Health-care providers typically overestimate the severity of pain.
 - B) Pain can easily be assessed using a 10-point scale.
 - C) Quantification of pain is overrated.
 - D) All of the above are true.

Answer Key

1. D
All of the above
2. B
Inspection
3. C
Palpation
4. D
tapping on an injured area to listen and identify tympanic sounds
5. B
Percussion
6. A
Auscultation
7. D
All of the above
8. E
A, B, & C
9. B
survey the scene
10. F
C & D
11. D
2, 4, 5
12. D
A & B
13. C
is the process by which blood circulates to body tissues
14. D
A & B
15. E
abnormal breathing sounds
16. C
pain
17. D
All of the above
18. D
All of the above
19. D
A & B
20. A
The assessment should be performed in less than 1 minute.
21. B
6
22. B
Every 3 minutes

- 23. A
Vital signs of children entering puberty are similar to those in adults.
- 24. E
All of the above
- 25. C
supraventricular tachycardia
- 26. A
bradycardia
- 27. A
True
- 28. B
Thigh
- 29. A
True for both statements
- 30. C
3, 2, 4, 5
- 31. E
B & C
- 32. D
pulse pressure
- 33. A
The patient has normal blood pressure.
- 34. B
The patient has hypotension.
- 35. B
145/90 mm Hg
- 36. A
10 to 20 breaths per minute
- 37. D
False
- 38. B
80%
- 39. E
A & B
- 40. B
Pain can easily be assessed using a 10-point scale.