



OEC

OUTDOOR
EMERGENCY
CARE

2008 Outdoor Emergency Care Final Exam
Version #1

National Ski Patrol System, Incorporated
133 S. Van Gordon St., Suite #100
Lakewood, CO 80228
303.988.1111
www.nsp.org

1. Which of the following patients has the right to refuse treatment?
 - A) a minor.
 - B) an unconscious patient.
 - C) a mentally competent adult.
 - D) a mentally incompetent adult.

2. At which of the following times are you legally obligated to care for any patient requiring attention?
 - A) never.
 - B) at all times.
 - C) whenever you are “on duty.”
 - D) whenever you see an accident.

3. An appropriate demonstration of professionalism when your patient is frightened, demanding, or unpleasant is to:
 - A) ignore the patient's feelings and focus on their medical complaint.
 - B) continue to be nonjudgmental, compassionate, and respectful.
 - C) reassure your patient everything will be all right, even if it will not be.
 - D) demand the patient to be quiet and cooperative during transport.

4. Which of the following is NOT considered “personal protective equipment”?
 - A) preventive antibiotics.
 - B) HEPA mask.
 - C) latex gloves.
 - D) safety glasses.

5. Local area recommendations for immunizations for patrollers may include all of the following EXCEPT:
 - A) meningitis.
 - B) hepatitis B.
 - C) measles, mumps, rubella.
 - D) diphtheria, pertussis, tetanus.

6. Critical incident stress debriefing is a program used to:
 - A) reduce anxiety from stressful job-related incidents.
 - B) evaluate standard operating procedures during critical incidents.
 - C) debrief press and media on details of a significant incident.
 - D) investigate complaints during a major incident.

7. Which of the following is an example of standard of care?
- A) specific methods of providing care.
 - B) highway regulations.
 - C) training guidelines.
 - D) job seniority.
8. When communicating with family members, you should avoid:
- A) giving false hope.
 - B) the words "death" or "dead."
 - C) emotional communication.
 - D) nonverbal communication.
9. Boot removal on the hill, handling of intoxicated patients, and use of AEDs are issues that are often determined by:
- A) a patrol representative.
 - B) local protocols.
 - C) the county medical director.
 - D) OEC guidelines.
10. The firm cartilaginous ring that forms the inferior portion of the larynx is called the:
- A) costal cartilage.
 - B) cricoid cartilage.
 - C) thyroid cartilage.
 - D) laryngo cartilage.
11. The areas of the spinal column from the top to the bottom are the:
- A) cervical, thoracic, sacral, lumbar, coccyx.
 - B) cervical, thoracic, lumbar, sacral, coccyx.
 - C) cervical, thoracic, coccyx, lumbar, sacral.
 - D) cervical, lumbar, thoracic, sacral, coccyx.
12. The bones of the forearm are called the:
- A) tibia and radius.
 - B) humerus and ulna.
 - C) radius and ulna.
 - D) radius and humerus.

13. The major artery that supplies all other vessels with blood is the:
- A) aorta.
 - B) carotid.
 - C) brachial.
 - D) femoral.
14. The bones of the leg between the knee and the ankle are called the:
- A) tibia and fibula.
 - B) radius and ulna.
 - C) tarsals and metatarsals.
 - D) carpals and metacarpals.
15. Which of the following accurately describes the child's airway anatomy?
- A) The tongue takes up less space in the pharynx.
 - B) The trachea is larger, softer, and more flexible.
 - C) The nose and mouth are proportionally larger than an adult's.
 - D) The pharynx is smaller and less deeply curved.
16. 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.
17. A normal pulse should feel:
- A) weak and rapid.
 - B) bounding and rapid.
 - C) strong and regular.
 - D) thready and regular.
18. 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.

19. 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.
20. The systolic blood pressure is a measurement of:
- A) atrial relaxation.
 - B) atrial contraction.
 - C) ventricular relaxation.
 - D) ventricular contraction.
21. The bluish discoloration of the skin caused by a lack of oxygen is called:
- A) cyanosis.
 - B) halitosis.
 - C) kyphosis.
 - D) ecchymosis.
22. 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?"
23. How many breaths per minute are considered normal breathing for an adult?
- A) 6 to 12.
 - B) 8 to 12.
 - C) 12 to 20.
 - D) 16 to 24.
24. Which of the following best describes abnormal breathing in an adult?
- A) <8 or more than 24 breaths/min.
 - B) <10 or more than 30 breaths/min.
 - C) <12 or more than 35 breaths/min.
 - D) <20 or more than 40 breaths/min.

25. How many breaths per minute are considered normal breathing for a child?
- A) 10 to 20.
 - B) 12 to 24.
 - C) 15 to 30.
 - D) 24 to 40.
26. Which of the following methods is used to open the airway in a patient with a possible spinal cord injury?
- A) jaw thrust.
 - B) jaw thrust–neck lift.
 - C) jaw thrust–head tilt.
 - D) head tilt–chin lift.
27. What is the most common cause of airway obstruction in an unconscious patient?
- A) vomitus.
 - B) tongue.
 - C) blood clots.
 - D) aspirated food.
28. Which position helps maintain a clear airway in a patient without traumatic injuries or compromised respirations?
- A) supine.
 - B) face down.
 - C) in the recovery position.
 - D) in a position of comfort.
29. To select the proper size of nasal airway, you should measure:
- A) only the diameter of the nostril.
 - B) from the tip of the nose to the chin.
 - C) from the tip of the nose to the earlobe.
 - D) from the tip of the nose to the corner of the mouth.
30. Treatment of an adult with a partial airway obstruction with good air exchange is:
- A) back blows and chest thrusts.
 - B) a series of abdominal thrusts.
 - C) manual removal with your finger.
 - D) close monitoring and supportive care.

31. You are assessing a trauma patient who has fallen from the top of a 30-foot ladder. He is conscious, alert, and complaining only of leg and hip pain. Initial cervical spine control has been established and maintained to this point. How should you assess his c-spine for injury?
- A) Ask him to move his arms and legs, and if he can do so, allow him to sit up.
 - B) Ask him to try to move his head against resistance to determine whether there is pain, then palpate for obvious deformities.
 - C) Palpate his c-spine for point tenderness, and if there is none, ask him to move his head to determine whether there is pain.
 - D) Palpate his c-spine for point tenderness, have him move his fingers and toes, and ask him whether he feels any sensations in his extremities.
32. To test a patient's response to painful stimuli, you should:
- A) shake the patient until there is a response.
 - B) bend the index finger of either hand back until a response is noted.
 - C) gently, but firmly pinch the earlobe.
 - D) tap the area below the kneecap with a hard object such as your scissors.
33. Which of the following is the proper sequence to initially assess a patient's vital functions?
- A) airway, circulation, breathing.
 - B) airway, breathing, circulation.
 - C) circulation, breathing, airway.
 - D) breathing, airway, circulation.
34. Your care of a patient with epistaxis (nosebleed) should include:
- A) placing the patient in a supine position.
 - B) applying pressure to the temporal arteries.
 - C) applying pressure to the mandibular arteries.
 - D) applying direct pressure by pinching the nostrils.
35. What is an important addition to direct pressure for controlling soft-tissue bleeding associated with a broken radius?
- A) tourniquet.
 - B) splint.
 - C) blood pressure cuff.
 - D) pneumatic antishock garment (PASG).

36. Acute blood loss greater than _____ can be life threatening for adults:
- A) 5%.
 - B) 10%.
 - C) 20%.
 - D) 30%.
37. Which of the following exhibits the earliest change in shock?
- A) level of consciousness.
 - B) cyanosis.
 - C) dilated pupils.
 - D) falling blood pressure.
38. What type of shock results from internal and external bleeding?
- A) psychic.
 - B) neurogenic.
 - C) anaphylactic.
 - D) hypovolemic.
39. Patients with no fractured extremities who are showing signs of impending hypovolemic shock should lie with:
- A) their knees bent.
 - B) their legs elevated.
 - C) their heads elevated.
 - D) a long backboard under them.
40. Acute spasms of bronchiolar muscles and excessive mucus production is characteristic of:
- A) pulmonary edema.
 - B) asthma.
 - C) pneumonia.
 - D) pleural effusions.
41. For a patient who is complaining of respiratory distress, you should:
- A) administer oxygen.
 - B) administer an inhaler.
 - C) suspect head trauma.
 - D) transport in a supine position.

42. The primary stimulus for a healthy person to breathe is the level of:
- A) oxygen in the blood.
 - B) carbon dioxide in the blood.
 - C) oxygen in the alveoli.
 - D) carbon dioxide in the alveoli.
43. The left atrium of the heart receives blood that is:
- A) oxygenated and coming from the lungs.
 - B) oxygenated and coming from the vena cava.
 - C) low in oxygen and coming from the lungs.
 - D) low in oxygen and coming from the vena cava.
44. When the heart muscle is without blood flow for a period of time, the muscle tissue can die. What is this condition called?
- A) cardiac arrest.
 - B) myocardial infarction.
 - C) cardiovascular accident.
 - D) angina pectoris.
45. Where is the radial pulse located?
- A) neck.
 - B) knee.
 - C) groin.
 - D) wrist.
46. You can determine that a patient with cardiac arrest may need defibrillation by which of the following findings?
- A) The patient is breathing and has a carotid pulse.
 - B) The patient is breathing and has no carotid pulse.
 - C) The patient is not breathing and has a carotid pulse.
 - D) The patient is not breathing and has no carotid pulse.
47. A particularly important aspect of history for a stroke victim is to determine:
- A) when the patient last ate or drank.
 - B) whether the patient is incontinent.
 - C) when the patient last appeared normal.
 - D) whether the patient is postictal.

48. A 32-year-old patient is reported to have had a generalized seizure and is now postictal on your arrival. Your first action is to:
- A) contact dispatch to send an ALS unit.
 - B) determine if airway and breathing are adequate.
 - C) obtain a complete set of vital signs.
 - D) interview family members for a description of the seizure.
49. The most basic functions of the body, such as breathing, blood pressure, and swallowing, are controlled in the:
- A) brain stem.
 - B) cerebrum.
 - C) cerebellum.
 - D) cerebral cortex.
50. Approximately 80% of all poisonings are by:
- A) mouth.
 - B) inhalation.
 - C) injection.
 - D) surface contact.
51. Pain felt at a location other than its origin is:
- A) transferred pain.
 - B) transposed pain.
 - C) remote pain.
 - D) referred pain.
52. Oral glucose should not be given to diabetic patients who:
- A) are found unconscious.
 - B) have low blood pressure.
 - C) are complaining of abdominal pain.
 - D) have been drinking alcoholic beverages.
53. A person with a severe allergic reaction will commonly have swelling of the face, neck, hands, feet, and:
- A) legs.
 - B) ears.
 - C) tongue.
 - D) abdomen.

54. What are the leading factors involved in serious mountain bike injuries?
- A) paved road vehicle collisions, excessive speed
 - B) paved road, going downhill, collision
 - C) off road, unfamiliar terrain, going downhill, excessive speed
 - D) off road, going uphill, unfamiliar terrain
55. Which factor accounts for a higher injury incident rate in the late afternoon?
- A) older, more experienced skiers on the slopes.
 - B) availability of shorter skis.
 - C) deteriorating snow conditions.
 - D) outdated grooming methods.
56. The emergency care of superficial frostbite is to:
- A) rapidly re-warm the affected part in a water bath that has a temperature of 102–108° F.
 - B) apply direct body heat, no warmer than normal body temperature.
 - C) open any blisters that may have formed.
 - D) wrap the affected part in sterile dry dressings and immobilize.
57. Signs and symptoms of early acute mountain sickness include:
- A) cyanosis, hunger, red eyes, headache.
 - B) headache, hunger, nausea, cyanosis.
 - C) red eyes, fatigue, inability to sleep, cyanosis.
 - D) fatigue, headache, inability to sleep, nausea.
58. Your patient is lying supine. He is incoherent and sluggish, and his breath smells of alcohol. The police identify him as a chronic alcoholic. What other condition could cause this patient's behavioral symptoms?
- A) angina.
 - B) dyslexia.
 - C) mild hypertension.
 - D) uncontrolled diabetes.
59. The first step in assessing a behavioral emergency is to:
- A) take base line vital signs.
 - B) ensure personal safety.
 - C) restrain the patient.
 - D) obtain a past history.

60. Factors that help you to assess whether a delivery is to take place soon include frequency and length of contractions, crowning, and the:
- A) baby's due date.
 - B) mother's complaints of nausea.
 - C) mother's complaints of increased pressure in her rectum.
 - D) mother's complaints of pain with each contraction.
61. While examining a patient who is in active labor, you see the umbilical cord outside the vagina, ahead of the infant's head. What should you do first?
- A) Hold the mother's legs together, tell her not to push and rapidly transport.
 - B) Gently push the infant's head with a sterile gloved hand to relieve pressure on the cord until delivery.
 - C) Gently replace as much of the cord as possible, and apply a moist dressing over the vagina.
 - D) Apply pressure to the head with a sterile gloved hand to prevent an explosive delivery of the cord.
62. The abbreviation MOI represents:
- A) most often injured.
 - B) movement over injury.
 - C) mechanism of injury.
 - D) method of illness.
63. If a powerful force is exerted on the body, the rescuer should suspect shock (possibly severe) and:
- A) coma.
 - B) heart attack.
 - C) internal injuries.
 - D) death.
64. Stretching or tearing of supportive ligaments best describes a:
- A) strain.
 - B) sprain.
 - C) fracture.
 - D) dislocation.

65. You and your partner are called to the scene of a fight. Your patient has a large knife cut across the chest. This is what type of injury?
- A) abrasion.
 - B) avulsion.
 - C) contusion.
 - D) laceration.
66. Which of the following types of burns may cause only a small burn to the skin but severe damage to deeper tissues?
- A) sunburn.
 - B) flash.
 - C) electrical.
 - D) chemical.
67. A young man has a ski pole impaled in this thigh. ABCs are stable. Prior to transport, the impaled object should be:
- A) photographed as evidence.
 - B) cleaned as best as you can.
 - C) stabilized against being bumped.
 - D) removed as quickly as possible.
68. After applying a dressing and bandage, you should check:
- A) package sterility.
 - B) the opposite limb.
 - C) distal circulation.
 - D) proximal circulation.
69. When caring for a laceration to the globe of the eye, the rescuer should use a dressing and apply:
- A) gentle pressure.
 - B) moderate pressure.
 - C) direct pressure.
 - D) no pressure.
70. When caring for a patient with a chemical burn to the eyes, the rescuer should first:
- A) cover both eyes and transport.
 - B) flush with water for 5 or more minutes.
 - C) keep eyelids open until at the hospital.
 - D) assess pupils every 5 minutes.

71. In caring for facial injuries, the rescuer's primary concern is to:
- A) stop all bleeding.
 - B) stabilize the c-spine.
 - C) maintain an open airway.
 - D) assess all vital signs.
72. When caring for a child who has a foreign object in the external auditory canal, the rescuer should:
- A) use sterile tweezers to remove the object.
 - B) leave the object in place and transport.
 - C) use a cotton-tipped swab to remove the object.
 - D) flush out the canal with sterile water.
73. Fluid leaking from the nose or ears, resulting in a bulls-eye pattern stain indicates presence of:
- A) vitreous humor.
 - B) aqueous humor.
 - C) lacrimal secretions.
 - D) cerebrospinal fluid.
74. Bleeding from facial soft-tissue injuries is best controlled by:
- A) cold packs and elevation.
 - B) direct pressure with dry, sterile dressings.
 - C) pressure point usage with moist bandages.
 - D) constricting bands with dry dressings.
75. Open chest wounds are generally treated by using a(n) :
- A) porous, sterile breathing-type dressing.
 - B) occlusive dressing that may include a flutter valve.
 - C) sling and swathe dressing.
 - D) pressure dressing with ace bandages and swathe.
76. Accumulation of air in the pleural space is known as:
- A) subcutaneous emphysema.
 - B) flail chest.
 - C) hemothorax.
 - D) pneumothorax.

77. A patient who has three or more ribs fractured in two or more places has a:
- A) compound fracture.
 - B) tension fracture.
 - C) flail chest.
 - D) compromised chest.
78. Emergency care of blunt trauma to the scrotum should include:
- A) a cold/ice pack to the area.
 - B) requesting that the patient urinate.
 - C) no care needed; transport only.
 - D) packing the area with warm compresses.
79. All of the following would be appropriate treatment for a patient with abdominal trauma who is in shock EXCEPT:
- A) covering him or her with a warm blanket.
 - B) providing prompt transport.
 - C) small sips of water if not nauseated.
 - D) oxygen via a non-rebreather mask.
80. Fractures of the pelvis can result in laceration of the:
- A) peritoneum.
 - B) urinary bladder.
 - C) kidneys.
 - D) liver.
81. The primary reason for splinting a bone is to:
- A) replace protruding bones.
 - B) prevent swelling.
 - C) prevent blood flow.
 - D) prevent motion of bone fragments.
82. When splinting an injury, you should immobilize the:
- A) injury site.
 - B) joint below the injury.
 - C) joint above the injury.
 - D) joint above and below the injury.

83. External blood loss and a higher likelihood of infection are associated with which type of fracture?
- A) open
 - B) closed
 - C) blunt
 - D) distal
84. Appropriate treatment of a severely angulated, mid-shaft humeral bone injury should include:
- A) applying a traction splint.
 - B) using a pillow splint to immobilize the area.
 - C) straightening and splinting the injury.
 - D) using an air splint to stabilize the injury.
85. An important step in caring for a patient believed to have a broken or dislocated elbow is to:
- A) always splint the limb in the position found.
 - B) evaluate distal neurovascular status before and after the limb is immobilized.
 - C) complete splinting with a collar and cuff to further support the weight of the arm.
 - D) avoid realignment if the limb is pulseless.
86. The proper splint for a mid-shaft femur fracture would be:
- A) to tie both legs together with cravats.
 - B) a traction splint.
 - C) a quick splint.
 - D) a blanket roll.
87. Any deformity in close proximity to a joint should be considered a growth plate fracture in a child younger than:
- A) 1 year.
 - B) 16 years.
 - C) 5 years.
 - D) 7 years.
88. What type of amnesia occurs when a patient suffers a concussion but cannot remember any events immediately after their injury?
- A) retrograde amnesia.
 - B) selective amnesia.
 - C) anterograde amnesia.
 - D) loss of memory amnesia.

89. Which of the following statements about providing manual support of the head for a patient with a cervical spine injury is true?
- A) It is not necessary if a cervical collar is used.
 - B) It can be released after a cervical collar is applied.
 - C) It can be released while sizing the cervical collar.
 - D) It must be maintained until the head is secured to a long backboard.
90. You should stop attempting to place the head into a neutral, in-line position if the patient complains of any of the following except:
- A) muscle spasms in the neck.
 - B) increased pain with movement.
 - C) numbness, tingling, or weakness.
 - D) increased sensitivity to light.
91. When transporting a patient in a toboggan, normally the patient is positioned:
- A) with the injury uphill.
 - B) with the injury downhill.
 - C) laying on the side of the body opposite the injury site.
 - D) it does not matter; speed is the most important issue.
92. The only time a patient should be moved before packaging is complete would be when:
- A) you receive another call.
 - B) the race coach directs you to "hurry up."
 - C) the rescuer's or patient's life is in immediate danger.
 - D) your partner is busy with another patient.
93. Good body mechanics includes:
- A) using rotating and twisting actions when changing directions.
 - B) flexing your knees when working below the level of your waist.
 - C) using jerky movements to move equipment.
 - D) bending at the waist to lift a patient from the ground.
94. The sorting of patients involved in a mass casualty is called:
- A) triage.
 - B) segregation.
 - C) designation.
 - D) size-up.

95. What color is used to indicate patients with non-life-threatening injuries?
- A) red.
 - B) black.
 - C) green.
 - D) yellow.
96. Functions centered at the command post include all of the following EXCEPT:
- A) advanced treatment area.
 - B) interagency liaison.
 - C) press releases.
 - D) coordination of multiple safety organizations.
97. When caring for infants and children, the rescuer should remember that:
- A) separate the family to reduce anxiety.
 - B) treat only the injured infant/child.
 - C) honesty is the best policy.
 - D) do not offer hope or reassurance.
98. Cardiac arrest in children is commonly caused by:
- A) a heart attack.
 - B) a congenital defect.
 - C) primary heart disease.
 - D) respiratory problems.
99. Autism is a:
- A) psychosis including manic-depressive disorder
 - B) down syndrome disorder.
 - C) cognitive disability.
 - D) developmental neurologic disorder.
100. What term best describes an adaptive mono skier?
- A) one who skis alone
 - B) one who skis on one ski
 - C) one who sits in a “bucket” mounted on one ski
 - D) none of the above