



MASINDE MULIRO UNIVERSITY OF
SCIENCE AND TECHNOLOGY
(MMUST)

SCHOOL OF NURSING MIDWIFERY AND PARAMEDICAL SCIENCES

UNIVERSITY EXAMINATIONS
2021/2022 ACADEMIC YEAR

FIRST YEAR SECOND SEMESTER FOR THE DEGREE OF BACHELOR OF
SCIENCE IN PHYSIOTHERAPY

MAIN EXAMINATION

COURSE CODE: BSP 124
COURSE TITLE: FIRST AID AND BASIC LIFE SUPPORT (BLS)

DATE: THURSDAY 21ST APRIL 2022.

Time: 2:00-5:00 PM

INSTRUCTIONS TO CANDIDATES

All questions are compulsory

DURATION: 3 Hours

MMUST observes ZERO tolerance to examination cheating

This Paper Consists of 5 Printed Pages. Please Turn Over

SECTION A - MULTIPLE CHOICE QUESTIONS 20MARK

1. The first step to respond to someone with low blood sugar is to?
 - a) Have the person sit quietly or lie down.
 - b) Bleed them to help prevent blood clots.
 - c) Give the person something containing sugar to eat or drink.
 - d) Give the patient aspirin.

2. Due to the essential nature of washing your hands, how much time is recommended to wash your hands?
 - a) 10 seconds
 - b) 20 seconds
 - c) 1 minute
 - d) 4 minutes

3. You come upon a person who has lost a significant amount of blood, has a very pale skin color, and is confused. What do you suspect the cause to be?
 - a) Seizure
 - b) Stroke
 - c) Low blood sugar
 - d) Shock

4. While dining out in a restaurant you hear a mother cry out that her six-month-old child, who was given some marbles by an older child, is gagging. His mouth area is turning blue and he's unable to take a breath or cry out. What would you do first in this scenario?
 - a) Begin CPR
 - b) Attempt rescue breaths then compression
 - c) Deliver back blows and chest thrusts
 - d) Blind finger Sweep

5. While performing CPR on an infant, another rescuer appears on the scene, what do you do next?
 - a) Immediately transport the patient
 - b) Wait until exhausted, then switch
 - c) Have the second rescuer help with CPR, to minimize fatigue
 - d) Have the second rescuer begin ventilations; ratio 30:2

6. Where should you place the AED pads when treating an infant for pediatric cardiac arrest?
 - a) Chest and back
 - b) Do not use an AED on an infant
 - c) Upper chest and mid abdomen
 - d) Wherever they fit

7. How long should you check for breathing while performing CPR?
 - a) Do not check for breathing, continue chest compressions
 - b) 2 seconds
 - c) 5 seconds
 - d) No longer than 10 seconds

8. After finding an unresponsive child, yelling for help, and confirming the child isn't breathing what would be your next course of action?
- Leave the child and search for an AED
 - Deliver rescue breaths as most cardiac arrest occur due to breathing problems
 - Begin back blows and chest thrusts
 - Deliver 30 chest compressions
9. When you try to give an unresponsive adult a rescue breath and the chest does not appear to rise, what would you do next?
- Perform abdominal thrusts
 - Begin CPR
 - Go call 911
 - Repeat the head tilt/chin lift maneuver and attempt the breath again
10. After finding someone who is unresponsive, has a pulse but does not appear to be breathing, you find you are unable to give them CPR, what do you do next?
- Begin CPR
 - Repeat the head tilt/chin lift maneuver and attempt the breath again
 - Abdominal thrusts
 - Heimlich maneuver
11. Arriving first to the scene, you find an unresponsive person with no pulse that has thrown up. You feel CPR is not something you are comfortable giving them. What would be the next best thing for you to do?
- Wipe off the face or cover with a shirt
 - Compression only CPR
 - Go and get help
 - Do not initiate resuscitation
12. Which of the following describes the proper sequences of BLS?
- Pulse check, rescue breath, compression.
 - Airway, breathing, compression.
 - 1, 2, 3, 4, 5
 - C - A - B
13. The pulse assessed in an adult cardiac arrest victim is called the _____ pulse?
- Groin
 - Radial
 - Carotid
 - Temporal
14. Choose the proper order of the Adult Chain of Survival:
- Recognition, Call EMS, Advanced Life Support, Defibrillate, Post-Cardiac Arrest Care
 - Recognition, Early CPR, Defibrillate, Advanced Life Support, Post-Cardiac Arrest Care
 - CPR, Recognition, Call EMS, Defibrillate, Advanced Life Support

d) Recognition, Defibrillation, CPR, Call EMS, Advanced Life Support

15. True/False: Most rescuers describe child cardiac arrest situations as more stressful than adult cases.

- a) True
- b) False

16. While at work you must provide first-aid if someone needs help?

- a) True
- b) False

17. You find an unresponsive victim without a pulse. You do not have a mask. What is the next step for an untrained lay responder?

- a) Go call 911
- b) Wait until EMS arrives
- c) Begin CPR and perform mouth-to-mouth
- d) Use your shirt over their mouth as a barrier

18. What is the correct compression-to-ventilation ratio for Two-Rescuer Infant BLS?

- a) 30:2
- b) 30:1
- c) 15:2
- d) 15:1

19. You attempt to deliver a breath through a mask but it does not go in. What is the next step?

- a) Hyperextend the neck
- b) Blow harder
- c) Discard mask and use mouth-to-mouth
- d) Reposition the airway

20. You are treating an adult choking victim. They initially can cough, but now are grasping their throat and turning blue. What is the next step?

- a) Heimlich Maneuver
- b) Begin CPR
- c) Rescue breathing
- d) Check pulse

PART B-SHORT ANSWER QUESTIONS -40marks

- 1) Which piece of equipment can assist in restoring a casualty's normal heart rhythm in a cardiac arrest? (2marks)
- 2) State why the primary survey is important and describe each part of it. (6marks)
- 3) State the steps in the Chain of Survival? (8marks)
- 4) What is the initial treatment for a burn? (2marks)
- 5) State the first aid treatment for a crush injury? (4marks)
- 6) How should you warm a casualty with hypothermia? (2marks)
- 7) What is the treatment for a casualty with a suspected fractured ankle? (4marks)
- 8) State the first aid treatment for a nosebleed? (6marks)
- 9) What is the treatment for a soft tissue injury? (4marks)
- 10) While performing CPR your chest compressions should be?(2marks)

PART C-LONG ANSWER QUESTIONS -40marks

1. You are helping an adult male who was thrown off a snow mobile at 50 MPH. He is unconscious and does not appear to be breathing. He does have a strong pulse. There is blood visible on both legs.
 - i. Discuss the measures you would take until the EMS team arrives? (10marks)
 - ii. Explain the chain of survival?10marks

2. A contractor is working on your home. He is electrocuted when his ladder touches a power line. He falls approximately 15' on to soft grass. The scene is safe. The power line is intact and the ladder fell away from the patient. The patient is unconscious. An AED has been connected and advises that a shock should be delivered to the patient. What should you do?
 - i. Discuss the importance of initiating first aid to a client in an emergency situation?(5marks)
 - ii. Describe the process of shock? (15marks)