**Circulation and Shock Exam for CEU Credit:**

**Name/Certification Number:** Click here to enter your name

**#**Click here to enter number.

**Date:** Click here to enter date.

**Click on your best answer:**

1) Checking skin signs is a way of evaluating a patient's perfusion. Perfusion is best described as:

A) the exchange of gas and carbon dioxide in the alveoli.

B) the delivery of oxygenated blood to the cells and tissues.

C) the removal of waste from cells and tissues.

D) the movement of fluids in the body.

2) What percentage of trauma patients die in the first minutes to one-hour post-trauma?

A) 10%

B) 25%

C) 50%

D) 70%

3) There are five established, evidenced based methods to control bleeding discussed in this training. Which one of the following is NOT one of them?

A) Direct Pressure

B) Elevation

C) Pressure Bandage

D) Tourniquet

4) Death in the first hours following trauma is generally the result of acute traumatic shock. True or false?

A) True

B) False

5) Which one of the following types of shock are NOT considered life-threatening?

A) Psychogenic

B) Metabolic

C) Obstructive

D) Neurogenic

6) Determining a blood pressure by feeling for the radial pulse is called:

A) perfusion.

B) auscultation.

C) palpation.

D) evaluation.

7) Hypovolemic shock is caused by uncontrolled bleeding. Which of the following would NOT be considered as a potential cause of hypovolemic shock?

A) Blunt or penetrating trauma

B) Septicemia

C) Intra-cranial bleeding

D) Aortic aneurysm.

8) “Capillary bleeding is never considered serious enough to cause hypovolemic shock”

A) True

B) False

9) How much blood can an adult lose before showing signs of **compensated** shock?

A) 150-250 mls

B) 300-500 mls

C) 750-1500 mls

D) Over 1500 mls

10) In the wilderness setting, most bleeding can be controlled by using:

A) Tourniquets

B) Direct Pressure

C) Hemostatic Dressing

D) Pressure Dressing

11) Superficial wound bleeding does NOT exhibit spurting or heavy flow. These

injuries generally stop bleeding within how many minutes?

A) 5 to 10 minutes

B) 2 to 3 minutes

C) 3 to 5 minutes

D) 10 to 12 minutes

12) Serious injuries may occur in locations where tourniquets cannot be applied. In these situations what may be your ONLY options to control the bleeding?

A) Hemostatic dressing/wound packing

B) Initial digital control

C) Elevation

D) A and B, but not C

13) A pressure bandage is generally applied circumferentially to an extremity for two reasons. Which of the following are the two reasons (choose two)?

A) To maintain pressure on the wound

B) To completely stop the flow of blood to the wound

C) To hold a dressing (wound packing) in position

D) To keep the wound in a sterile condition

14) Tourniquets are used in several situations. Which of the following should NOT have a tourniquet applied?

A) Amputation

B) Controlled arterial bleeding

C) Multiple casualties

D) Entrapment

15) Continuous application of a tourniquet for longer than 12 hours can result in permanent nerve injury, muscle injury, vascular injury and skin necrosis. True or false?

A) True

B) False

16) “Tissue damage caused when blood supply returns to the tissue after a period of

ischemia or lack of oxygen” is the definition of what?

A) Hypoperfusion

B) Ischemia

C) Compartment syndrome

D) Reperfusion injury

17) Superficial lacerations (wounds that DO NOT exhibit continuous blood flow, spurting,

or immediate swelling) may still require professional attention. True or false?

A) True

B) False

18) In using the CAT tourniquet, it is important to follow which of the following guidelines?

A) Ensure tourniquet band is tight BEFORE turning rod.

B) Twist the tourniquet rod until the bleeding stops

C) If situation and time permit, pack wound and apply pressure dressing. As able, assess

extremity for “breakthrough” bleeding

D) All of the above are correct

19) When using hemostatic dressing, which of the following is correct procedure?

A) Keep the wound as tightly closed as you can during the packing process

B) Pack the wound until the entire wound cavity is completely full and wound packing material is overflowing above the wound

C) Try not to sweep blood out of the way

D) Hold pressure for at least 10 minutes before placing a pressure bandage into position

20) A policy of periodic loosening of a tourniquet in an attempt to reduce limb ischemia has often led to increased tissue perfusion and better pain control. True or false?

A) True

B) False

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