**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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Passing score is 80% correct or higher:

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