1) Ron, your partner, has just returned from a call involving the severe injury of a child. Ron is nauseous and irritable. Which of the following does this most likely represent?

a. an emotional response to the stress of the call

b. the warning signs of a mental disorder

c. indicative of an infectious disease

d. an abnormal response to the child's injury

Answer: a

Type: MC

Page Reference: 12

NOCP: 2.4.c & 3.1.c

2) Returning to the station after the death of a patient, you observe that your partner is "not himself." You have the same perception the next day and also notice that he is having a hard time making decisions and concentrating. The most likely cause is?

a. critical incident stress

b. head trauma

c. alcoholism

d. possible mental illness

Answer: a

Type: MC

Page Reference: 16

NOCP: 3.1.c

3) When a father is told that his daughter is dead from a car crash, he screams "That's not true, get a doctor!" Which stage of grief is the father exhibiting?

a. shock

b. bargaining

c. depression

d. denial

Answer: d

Type: MC

Page Reference: 11

NOCP: 2.1.e

4) A family member of a patient who is dying yells at you: "Get out of the way! You don't know what you are doing." Which of the following would be the most appropriate way to respond?

a. tell the family to leave the area so that you can work

b. assure him or her that everything that can be done will be done

c. get out as the family requests; the patient is dying anyway

d. show the family member your EMR accreditation card

Answer: b

Type: MC

Page Reference: 12

NOCP: 2.1.e

5) As an EMR you will always treat your patents with respect, this is especially true when caring for the family of a patient who has died. Which of the following best describes the family in these situations?

a. they are in shock and will not recall anything you do

b. they will say nothing at all

c. they are extra sensitive and will perceive even unspoken messages

d. they may not listen to what you say

Answer: c

Type: MC

Page Reference: 13

NOCP: 2.1.e & 2.4.a

6) Which of the following is a factor in the stress felt by the families of EMR’s?

1. lack of understanding of the EMR role
2. lack of empathy for your patients
3. lack of coping mechanisms
4. lack of compassion

Answer: a

Type: MC

Page reference: 15

NOCP: 3.1.c

7) Which of the following is a factor in the stress felt by the families of EMR’s?

1. fear of violence
2. frustration of shift hours
3. frustration over pay
4. fear of separation

Answer: d

Type: MC

Page reference: 15

NOCP: 3.1.c

8) The best definition of a critical incident is?

a. an event that causes unusually strong emotions

b. an event that causes an EMR to quit prehospital care

c. a call that makes an EMR become ill or injured

d. a situation in which there are more than three patients

Answer: a

Type: MC

Page Reference: 16

NOCP: 3.1.c

9) An EMR is seriously injured or dies in the line of duty. This would best be described as?

a. assault and battery

b. negligence

c. a critical incident

d. premeditated murder

Answer: c

Type: MC

Page Reference: 16

NOCP: 3.1.c

10) About 24 hours after a critical incident, all the rescuers involved meet with peers and mental health professionals to share their experiences. Which CSID technique does this represent?

a. demobilization

b. debriefing

c. defusing

d. de-escalation

Answer: b

Type: MC

Page Reference: 16

NOCP: 3.1.c

11) About 30 to 45 minutes after a distressful call, members of a patient care team meet with a mental health professional to share their experience. Which CSID technique does this represent?

a. de-escalation

b. demobilization

c. defusing

d. debriefing

Answer: c

Type: MC

Page Reference: 16

NOCP: 3.1.c

12) Which of the following lifestyle changes can limit your susceptibility to chronic stress?

1. increase vegetable intake
2. reduce sugar, caffeine or alcohol intake
3. self-medicate
4. work longer/more hours

Answer: b

Type: MC

Page reference: 15

NOCP: 3.1.a

13) Which of the following lifestyle changes can limit your susceptibility to chronic stress?

1. prioritize work over other activities
2. journal your thoughts and feelings
3. talk with someone you trust and respect
4. use an agent such as alcohol to help relax

Answer: c

Type: MC

Page reference: 15

NOCP: 3.1.b

14) EMR’s may contract infectious diseases by way of direct or indirect contamination. Which of the following is an example of direct contamination?

a. contaminated objects

b. blood-to-blood contact

c. droplets inhaled through the respiratory tract

d. crowded or unsanitary living conditions

Answer: b

Type: MC

Page Reference: 17

NOCP: 3.3.f

15) Which of the following is required to contract Acquired Immune Deficiency Syndrome (AIDS)?

a. eating with a fork belonging to an infected person

b. touching the infected person's clothing or bed linens

c. intimate contact with the body fluids of an infected person

d. contamination from an HIV patient who sneezes

Answer: c

Type: MC

Page Reference: 18 & 19

NOCP: 3.3.f

16) When thinking of infectious diseases, which of the following is a disease of concern to the EMR?

a. Hepatitis C

b. Influenza

c. Hepatitis A

d. Methicillin-Resistant Staphylococcus Aureus (MRSA)

Answer: a

Type: MC

Page Reference: 18

NOCP: 3.3.f

17) The Health Canada standard for ‘body substance isolation’ requires the EMR to do which of the following?

a. warn other rescuers when a patient has a disease

b. take precautions around a patient who is bleeding

c. ask the patient if they have a disease that is contagious

d. assume that all body fluids are potentially infectious

Answer: d

Type: MC

Page Reference: 19

NOCP: 3.3.f

18) Which of the following vaccinations are recommended for EMR’s?

a. Tuberculosis

b. AIDS

c. HIV

d. Hepatitis B

Answer: d

Type: MC

Page Reference: 22

NOCP: 3.3.b & 3.3.f

19) Special masks or respirators are recommended to help prevent the spread of which of the following diseases?

a. HIV

b. Hepatitis B

c. AIDS

d. Tuberculosis

Answer: d

Type: MC

Page Reference: 18

NOCP: 8.3.b

20) Which of the following is a method of HIV transmission?

a. food products

b. insects or rodents

c. sexual contact

d. casual contact

Answer: c

Type: MC

Page Reference: 18 & 19

NOCP: 3.3.f

21) Which one of the following statements is true?

a. water and plenty of friction is all you need for effective handwashing

b. handwashing is the single most effective means of preventing spread of infection

c. handwashing is not always necessary, especially if you wear glove

d. it is not necessary to remove jewelry in order to wash your hands effectively

Answer: b

Type: MC

Page Reference: 19

NOCP: 3.3.f & 8.3.b

22) Your patient has been seriously injured in a 5 metre fall onto a stack of old lumber and other debris. Most obvious is a large lump on his forehead. Amazingly, the patient has no open wounds and no bleeding. What personal protective equipment should you put on before caring for this patient?

a. gloves & eye protection

b. disposable gown & gloves

c. eye protection & surgical mask

d. surgical face mask & disposable gown

Answer: a

Type: MC

Page Reference: 21

NOCP: 8.3.b

23) After an exposure to a pathogen what is the first step in the “guidelines for immediate response”?

1. use nitrile gloves to remove contaminated clothing
2. wash the affected area with disinfectant
3. if wounded, express blood from the wound
4. contain any sharps

Answer: c

Type: MC

Page reference: 22

NOCP: 8.3.e

24) John is an EMR. In addition to carrying eye protection, gloves, a face mask, and a gown. John’s service also provides the equipment below, what would be most appropriate to use in a potentially violent situation?

a. jump suit and turnout gear

b. safety boots

c. safety helmet

d. body armour

Answer: d

Type: MC

Page Reference: 25

NOCP: 8.3.b

25) Which of the following is the best way for an EMR to avoid injury at an emergency scene?

a. stay away from the "bad" parts of town

b. assess the scene for hazards

c. ignore standard protocol

d. avoid going to certain calls

Answer: b

Type: MC

Page Reference: 23

NOCP: 3.3.a

26) When you arrive on scene you hear a large, loud argument in progress. Which of the following would be the best course of action?

a. begin patient care immediately, since it is always the first priority

b. risk only one member of the team to get the patient out safely

c. get the patient away before something happens

d. avoid entering the scene until it has been made safe

Answer: d

Type: MC

Page Reference: 23

NOCP: 3.3.a

27) When called to a patient injured in a bar fight, what should the EMR do?

a. enter quickly and pull the patient out to safety

b. enter only if you believe that the injuries are serious

c. arrive with lights and siren so fighting will stop

d. wait until police have secured the scene before entering

Answer: d

Type: MC

Page Reference: 24

NOCP: 3.3.a