

**LIFEGUARDING
REVIEW QUESTIONS
CHAPTER 8: CARDIAC EMERGENCIES**

Multiple Choice

Circle the correct answer.

- 1. Signs and symptoms of a heart attack include—**
 - a. Chest pain that lasts less than 1 minute.
 - b. Dry, red, hot skin.
 - c. Inability to speak in full sentences.
 - d. Nausea, shortness of breath or difficulty breathing.

- 2. Which of the following is not a specific link in the Cardiac Chain of Survival?**
 - a. Early CPR
 - b. Early defibrillation
 - c. Early recognition of the emergency and early access to EMS
 - d. Early rescue

- 3. You see an older man collapse. You perform an initial assessment and find the man has no movement, breathing or pulse. You begin CPR. How many chest compressions and rescue breaths do you perform in each cycle?**
 - a. 5 chest compressions and 1 rescue breath
 - b. 10 chest compressions and 2 rescue breaths
 - c. 15 chest compressions and 1 rescue breath
 - d. 30 chest compressions and 2 rescue breaths

- 4. Another name for a heart attack is—**
 - a. Angina pectoris.
 - b. Cardiovascular infraction.
 - c. Commotio cordis.
 - d. Myocardial infarction.

- 5. What is the most important action step to take to care for a person you think may be experiencing a heart attack?**
 - a. Check airway, breathing and circulation.
 - b. Have the victim stop what he or she is doing and rest.
 - c. Obtain the victim's consent.
 - d. Summon EMS personnel.

- 6. An electrical shock delivered to the heart to correct certain abnormal heart rhythms is called—**
- Asystole.
 - Defibrillation.
 - Diastole.
 - Fibrillation.
- 7. It is important for everyone to “stand clear” before using an AED to deliver a shock because—**
- The AED may not deliver the correct shock to the victim.
 - The AED will not work unless you stand clear.
 - The victim’s arm may swing out and strike you when the shock is delivered.
 - You or someone else could get shocked.
- 8. Early defibrillation is an important step in the Cardiac Chain of Survival for all of the reasons below EXCEPT—**
- Asystole cannot be corrected by defibrillation.
 - Delivering an electrical shock disrupts the electrical activity of the heart long enough to allow the heart to spontaneously develop an effective rhythm on its own.
 - Each minute that defibrillation is delayed reduces the chance of survival by about ten percent.
 - EMS personnel can transport the victim to the hospital more quickly.
- 9. After confirming that a victim has no movement, breathing or pulse, and an AED is available, the next step is to—**
- Deliver a shock if one is indicated, after ensuring that no one is touching the victim and there are no hazards present.
 - Let the AED analyze the victim’s heart rhythm or push the button marked “analyze.”
 - Plug the connector into the AED, and attach the pads to the victim’s chest.
 - Turn on the AED.
- 10. When using an AED—**
- Check for a pulse while the device is delivering a shock.
 - Dry the victim’s chest thoroughly using alcohol and gauze pads.
 - Place the victim on his or her side.
 - Remove any patch you see on the victim’s chest.
- 11. The pads of an AED for an adult should be placed—**
- On the lower right chest and lower left side.
 - On the lower right side and upper left chest.
 - On the upper right and upper left side of the chest.
 - On the upper right chest and lower left side.

12. After the initial analysis, if the AED prompt indicates that “no shock is advised,” the next step is to—

- a. Begin rescue breathing.
- b. Look for movement and recheck for breathing and a pulse.
- c. Perform 5 cycles (about 2 minutes) of CPR.
- d. Restart the AED.

13. If a lifeguard is using an AED on a victim who was removed from the water, all of the following are important EXCEPT—

- a. Drying the victim’s chest.
- b. Drying the victim’s feet and legs.
- c. Making sure there are no puddles of water around you, the victim or the AED.
- d. Removing wet clothing for proper pad placement, if necessary.

14. When using an AED on a victim with a pacemaker or implanted cardiac device—

- a. Adjust pad placement, if necessary.
- b. Place the pad directly over the implanted cardiac device.
- c. Refrain from using an AED because it cannot be used if the victim has an implanted cardiac device.
- d. Reverse the position of the pads on the victim’s chest.

15. When using an AED on a child, complete all of the following steps EXCEPT—

- a. If the pads are touching, place one pad on the child’s chest and the other pad on the child’s back.
- b. Make sure the pads are not touching.
- c. Place both AED pads on the child’s abdomen just above the navel.
- d. Use pediatric AED pads.

Matching

16. Match each term with the correct definition.

- A. Early recognition of the emergency and early access to EMS**
- B. Early CPR**
- C. Early defibrillation**
- D. Early advanced medical care**

___ Given by EMS personnel who provide more advanced medical care and transport the victim to the hospital.

___ An electrical shock that disrupts the electrical activity of the heart long enough to allow the heart to spontaneously develop an effective rhythm on its own.

- Compressions and ventilations provided by a rescuer to a victim to help supply oxygen to the brain and other vital organs to keep the victim alive.
- The sooner 9-1-1 or the local emergency number is called, the sooner EMS personnel arrive and take over.

Multiple Answers

Place a check next to the correct answer or answers.

17. An AED with appropriate pediatric pads may be used on children who are—

- Victims of trauma.
- Conscious but having chest pain.
- In a pool.

18. An AED may be used on adult—

- Victims of hypothermia in cardiac arrest.
- Victims of trauma in cardiac arrest.
- Victims with a pacemaker who are in cardiac arrest.
- Victims in the water who are in cardiac arrest.

True or False

Circle True or False.

- 19. True False Since a child's chest may be small, it is alright to defibrillate if the pads touch each other when placed on the chest.**

- 20. True False If the AED pads touch each other on the child's chest, the lifeguard should place one pad on the child's chest and the other pad on the child's back, between the shoulder blades.**

- 21. True False Do not to delay defibrillation when taking steps to provide for a dry environment.**

Fill in the Blanks

- 22. When the muscle of the heart suffers a loss of oxygenated blood, the result is a _____, _____, or heart attack.**

- 23. As the initial rescuer at the scene performing CPR on an adult, you should perform _____ chest compressions followed by _____ rescue breaths, at a rate of about _____ compressions per minute and compressing the chest _____ to _____ inches.**

24. As the initial rescuer at the scene performing CPR on a child or infant, you should perform cycles of _____ chest compressions and _____ rescue breaths, at a depth of _____ to _____ inches for a child and _____ to _____ inch for an infant.
25. Most victims of sudden cardiac arrest need an electrical shock called _____.
26. Advise all rescuers and bystanders to “_____” when analyzing the victim’s heart rhythm or delivering a shock to the victim.
27. Do not _____ or _____ the victim while the AED is analyzing.
28. After the second analysis, if the AED tells the rescuer “no shock advised,” he or she should _____.
29. AEDs equipped with pediatric AED pads are capable of delivering appropriate levels of energy to children between _____ and _____ years of age or weighing less than _____ pounds.
30. _____ is an abnormal heart rhythm characterized by a state of totally disorganized electrical activity of the heart, resulting in a quivering of the ventricles.
31. _____ is an abnormal heart rhythm characterized by very rapid contraction of the ventricles.

Circle the Correct Answer from the Pair

32. The incidence of cardiac arrest in children is relatively (high/low) compared to adults.
33. Cardiac arrest resulting from ventricular fibrillation (does/does not) happen to young children.
34. Most cardiac arrests in children (are/are not) sudden.

Short Answer

35. List at least five signs or symptoms of a heart attack.

- 36. List in the correct order the four links in the Cardiac Chain of Survival.**
- 37. List at least three of the most common causes of cardiac arrest in children.**
- 38. List in the correct order the seven steps you must follow to defibrillate a victim using an AED after EMS personnel have been summoned.**
- 39. List at least three situations in which traumatic injuries or accidents may be the cause of sudden cardiac arrest in children.**
- 40. What four steps would you take to use an AED on a victim who has been removed from the water and who is not moving or breathing and has no pulse?**
- 41. What should you do before using an AED on a victim who is wearing a nitroglycerin patch?**
- 42. What might a rescuer notice or feel beneath the skin in the chest or collarbone area of a victim of cardiac arrest?**

43. You are providing care for a victim of a nonfatal submersion resulting from an ice-fishing accident. You note that the victim is suffering from hypothermia. List five important points to remember while providing care.