Import Settings:

Base Settings: Brownstone Default

Information Field: Complexity

Information Field: Ahead

Information Field: Subject

Information Field: Feedback

Information Field: Taxonomy

Information Field: Objective

Highest Answer Letter: D

Multiple Keywords in Same Paragraph: No

**Chapter: Paramedic Workforce Safety and Wellness - Workforce Safety and Wellness -**

**Multiple Choice**

1. Which of the following is NOT a component of well-being that is essential for a healthy life?

A) Mental

B) Physical

C) Financial

D) Emotional

Ans: C

Complexity: Easy

Ahead: Components of Well-Being

Subject: Paramedic Workforce Safety and Wellness

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Feedback: Components of Well-Being, page 39

2. If health care providers show up to work in shape:

A) they are less likely to get hurt.

B) their patient care will be better.

C) they will be able to tolerate higher call volumes.

D) sleep deprivation will not affect them.

Ans: A

Complexity: Easy

Ahead: Components of Well-Being

Subject: Paramedic Workforce Safety and Wellness

Page: 39

Feedback: Components of Well-Being, page 39

3. Consequences of poor nutrition include all of the following, EXCEPT:

A) obesity.

B) diabetes.

C) hair loss.

D) heart disease.

Ans: C

Complexity: Easy

Ahead: Components of Well-Being

Subject: Paramedic Workforce Safety and Wellness

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Feedback: Components of Well-Being, page 39

4. EMS providers who work 24-hour shifts are prone to poor nutritional habits on the job because:

A) they have a higher call volume.

B) their meals are interrupted frequently.

C) they are faced with greater stress.

D) their water intake often is increased.

Ans: B

Complexity: Moderate

Ahead: Components of Well-Being

Subject: Paramedic Workforce Safety and Wellness

Page: 39

Feedback: Components of Well-Being, page 39

5. A 30-year-old man with a sedentary lifestyle:

A) is at a low risk for cardiovascular disease.

B) should consume 5,000 to 7,500 calories per day.

C) requires more calories per day than an active man.

D) requires fewer calories per day than an active man.

Ans: D

Complexity: Moderate

Ahead: Components of Well-Being

Subject: Paramedic Workforce Safety and Wellness

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Feedback: Components of Well-Being, page 40

6. Foods made from eggs are considered part of what food group?

A) Dairy

B) Protein

C) Grains

D) Vegetables

Ans: B

Complexity: Easy

Ahead: Components of Well-Being

Subject: Paramedic Workforce Safety and Wellness

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Feedback: Components of Well-Being, page 40

7. The BEST way for a paramedic to sustain energy is to:

A) limit water intake to less than 16 ounces per day.

B) eat a large meal at the beginning of his or her shift.

C) carry numerous small snacks that can be eaten slowly.

D) drink fewer than four caffeinated beverages before work.

Ans: C

Complexity: Moderate

Ahead: Components of Well-Being

Subject: Paramedic Workforce Safety and Wellness

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Feedback: Components of Well-Being, page 41

8. Patterns of living that you develop in your youth:

A) are hard to modify in later life.

B) usually are caused by genetics.

C) cannot be modified later in life.

D) typically are outgrown in later life.

Ans: A

Complexity: Moderate

Ahead: Components of Well-Being

Subject: Paramedic Workforce Safety and Wellness

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Feedback: Components of Well-Being, page 41

9. According to the USDA dietary guidelines, the keys to controlling body weight include:

A) exercising more and increasing your caloric intake.

B) drinking less water per day and exercising regularly.

C) consuming more calories and eating fewer vegetables.

D) eating fewer calories while increasing physical activity.

Ans: D

Complexity: Moderate

Ahead: Components of Well-Being

Subject: Paramedic Workforce Safety and Wellness

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Feedback: Components of Well-Being, page 41

10. Which of the following is MOST closely linked to your body weight, nutritional status, and hydration?

A) A diet high in calories

B) At least 8 hours of sleep

C) Adequate calcium intake

D) Regular vigorous exercise

Ans: D

Complexity: Moderate

Ahead: Components of Well-Being

Subject: Paramedic Workforce Safety and Wellness

Page: 41

Feedback: Components of Well-Being, page 41

11. An exercise program should be targeted at maintaining or improving:

A) respiratory efficiency, muscle strength, and mental health.

B) cardiovascular endurance, flexibility, and physical strength.

C) body weight, muscle flexibility, and a strong bone structure.

D) blood pressure, resting heart rate, and respiratory efficiency.

Ans: B

Complexity: Moderate

Ahead: Components of Well-Being

Subject: Paramedic Workforce Safety and Wellness

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Feedback: Components of Well-Being, page 41

12. What is the recommended exercise routine for most adults?

A) At least 30 minutes a day of moderate to vigorous exercise

B) No more than 2 hours of vigorous exercise every other day

C) At least 1 hour a day of mild to moderate physical activity

D) At least 20 minutes a day of moderate to vigorous exercise

Ans: A

Complexity: Easy

Ahead: Components of Well-Being

Subject: Paramedic Workforce Safety and Wellness

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Feedback: Components of Well-Being, page 41

13. You should know your target heart rate and:

A) surpass it by 50% every time you exercise.

B) achieve at least half of it when you exercise.

C) attempt to achieve it every time you exercise.

D) avoid reaching it because it may injure the heart.

Ans: C

Complexity: Easy

Ahead: Components of Well-Being

Subject: Paramedic Workforce Safety and Wellness

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Feedback: Components of Well-Being, page 42

14. To estimate your maximum heart rate, you should:

A) subtract your age from 220.

B) double your age and add 220.

C) divide your age by two and add 100.

D) multiply your age by 2 and subtract 10%.

Ans: A

Complexity: Moderate

Ahead: Components of Well-Being

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Feedback: Components of Well-Being, page 42

15. What is the target heart rate for a 35-year-old man with a resting heart rate of 75 beats per minute?

A) 138 beats/min

B) 146 beats/min

C) 152 beats/min

D) 159 beats/min

Ans: C

Complexity: Easy

Ahead: Components of Well-Being

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Feedback: Components of Well-Being, page 42

16. If a 30-year-old man has a resting heart rate of 60 beats/min and a maximum heart rate of 190 beats/min, his target heart rate is \_\_\_\_ beats/min.

A) 139

B) 143

C) 147

D) 151

Ans: D

Complexity: Moderate

Ahead: Components of Well-Being

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Feedback: Components of Well-Being, page 42

17. If you are a smoker who is trying to quit, you must FIRST understand that:

A) second-hand cigarette smoke is a health hazard to others.

B) smoking is a true addiction and quitting may not be easy.

C) smoking cessation medications are usually the most effective.

D) you will need the guidance of a physician or psychotherapist.

Ans: B

Complexity: Moderate

Ahead: Components of Well-Being

Subject: Paramedic Workforce Safety and Wellness

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Feedback: Components of Well-Being, page 42

18. Ignoring one's circadian rhythms may result in all of the following, EXCEPT:

A) decreased physical coordination.

B) enhanced social functioning.

C) persistent difficulty with sleep.

D) impairment of higher thought function.

Ans: B

Complexity: Moderate

Ahead: Components of Well-Being

Subject: Paramedic Workforce Safety and Wellness

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Feedback: Components of Well-Being, page 43

19. Regardless of a paramedic's circadian rhythms, he or she should:

A) not overlook the need for rest.

B) vary his or her sleep schedule.

C) only consume minimal caffeine.

D) eat at different times of the day.

Ans: A

Complexity: Moderate

Ahead: Components of Well-Being

Subject: Paramedic Workforce Safety and Wellness

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Feedback: Components of Well-Being, page 43

20. The MOST common of all hereditary risk factors are:

A) cancer and mental illness.

B) hypertension and stroke.

C) heart disease and cancer.

D) stroke and Alzheimer's disease.

Ans: C

Complexity: Moderate

Ahead: Components of Well-Being

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Page: 43

Feedback: Components of Well-Being, page 43

21. Which of the following habits will increase your exposure to injury from lifting your maximum weight?

A) Ensuring that the patient is aware that he or she is about to be lifted

B) Routinely lowering the ambulance stretcher all the way to the ground

C) Removing all unnecessary equipment from the cot before loading it

D) Utilizing a second person to help lift the foot end of the cot if needed

Ans: B

Complexity: Easy

Ahead: Components of Well-Being

Subject: Paramedic Workforce Safety and Wellness

Pages: 43–44

Feedback: Components of Well-Being, pages 43–44

22. To protect your back when lifting, you should:

A) spread your legs approximately 6 inches apart whenever you lift.

B) maintain a slight curvature of your back whenever you lift a patient.

C) use the powerful muscles of your lower back to help support weight.

D) keep your back in a straight, upright position and lift without twisting.

Ans: D

Complexity: Easy

Ahead: Components of Well-Being

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Feedback: Components of Well-Being, pages 44

23. Any time you need to move a patient who cannot or should not walk, it is MOST important to consider:

A) the need for extra help.

B) why the patient cannot walk.

C) the type of moving device needed.

D) how far the patient must be moved.

Ans: A

Complexity: Easy

Ahead: Components of Well-Being

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Feedback: Components of Well-Being, page 43

24. The fight-or-flight response is characterized by all of the following physiologic responses, EXCEPT:

A) an increased flow of blood to the skeletal muscles.

B) decreased sympathetic tone and pupil constriction.

C) mobilization of glucose and an increased heart rate.

D) shunting of blood away from the gastrointestinal tract.

Ans: B

Complexity: Moderate

Ahead: Components of Well-Being

Subject: Paramedic Workforce Safety and Wellness

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Feedback: Components of Well-Being, page 44

25. When lifting, the paramedic should spread his or her legs\_\_\_\_\_\_\_\_\_\_\_\_\_ apart.

A) shoulder width

B) at least 20 inches

C) between 6 and 12 inches

D) no more than 6 inches

Ans: A

Complexity: Easy

Ahead: Components of Well-Being

Subject: Paramedic Workforce Safety and Wellness

Page: 44

Feedback: Components of Well-Being, page 44

26. As a part of your personal health assessment, you should:

A) see your personal physician at least every 6 months.

B) have your cholesterol checked every 3 or 4 months.

C) consider hereditary factors that can impact your health.

D) have a routine colonoscopy beginning at age 25 years.

Ans: C

Complexity: Easy

Ahead: Components of Well-Being

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Feedback: Components of Well-Being, page 43

27. The ability to remain calm and think clearly when everything else is in disarray is a trait of:

A) empathy.

B) competence.

C) compassion.

D) professionalism.

Ans: D

Complexity: Easy

Ahead: Components of Well-Being

Subject: Paramedic Workforce Safety and Wellness

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Feedback: Components of Well-Being, page 44

28. If you are approached by a coworker who has noticed a negative change in your behavior, you should:

A) request to speak to a psychologist as soon as possible.

B) keep an open mind regarding what the coworker has noticed.

C) thank your coworker, but let him or her know you are okay.

D) ask your supervisor to be moved to a different station.

Ans: B

Complexity: Moderate

Ahead: Components of Well-Being

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Feedback: Components of Well-Being, page 45

29. Which of the following statements regarding stress is correct?

A) Eustress is the leading cause of suicide among EMS, fire, and law enforcement personnel.

B) By itself, any kind of stress has a negative effect on the human body and should be avoided.

C) The human stress reaction is exclusive to physical demands that are placed on the body.

D) The way one person reacts to stress may differ significantly from another person's reaction.

Ans: D

Complexity: Moderate

Ahead: Stress

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Feedback: Stress, page 53

30. Biologic stress is MOST accurately defined as:

A) a predictable sequence of physiologic events caused by a stressor.

B) the nonspecific response of the body to any demand made upon it.

C) stress that most often occurs following a positive event or situation.

D) a prolonged and severe discharge of the sympathetic nervous system.

Ans: B

Complexity: Easy

Ahead: Stress

Subject: Paramedic Workforce Safety and Wellness

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Feedback: Stress, page 53

31. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ of one sort or another is necessary all the time, for growth, for development, or just for meeting the demands of everyday life.

A) Stress

B) Digression

C) Redirection

D) Adaptation

Ans: D

Complexity: Easy

Ahead: Stress

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Feedback: Stress, page 53

32. The kind of stress that motivates an individual to achieve is called:

A) eustress.

B) distress.

C) adapted stress.

D) displaced stress.

Ans: A

Complexity: Easy

Ahead: Stress

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Feedback: Stress, page 53

33. Negative or injurious stress is also called:

A) distress.

B) eustress.

C) projected stress.

D) redirected stress.

Ans: A

Complexity: Easy

Ahead: Stress

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Feedback: Stress, page 53

34. Which of the following statements regarding stress is correct?

A) Most people see distress as noninjurious and are able to adapt to it easily.

B) Nearly everyone finds the same events or situations stressful to some degree.

C) The specific event that triggers a stress reaction varies from person to person.

D) Eustress is the type of stress that a person finds overwhelming and debilitating.

Ans: C

Complexity: Moderate

Ahead: Stress

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Feedback: Stress, page 53

35. All of the following are common triggers of distress, EXCEPT:

A) the loss of a loved one.

B) planning a lengthy vacation.

C) excessive responsibility at work.

D) having children that leave home.

Ans: B

Complexity: Moderate

Ahead: Stress

Subject: Paramedic Workforce Safety and Wellness

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Feedback: Stress, page 53

36. The MOST effective way to deal with stress is to:

A) seek psychiatric assistance and request a mild sedative drug.

B) recognize what causes the stress and eliminate it from your life.

C) avoid caffeine and get a minimum of 12 hours of sleep every day.

D) identify the stress triggers and take action to minimize their effects.

Ans: D

Complexity: Moderate

Ahead: Stress

Subject: Paramedic Workforce Safety and Wellness

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Feedback: Stress, page 55

37. The part of the nervous system that prepares the body to deal with an emergency is the \_\_\_\_\_\_\_\_\_\_ nervous system.

A) somatic

B) voluntary

C) sympathetic

D) parasympathetic

Ans: C

Complexity: Easy

Ahead: Stress

Subject: Paramedic Workforce Safety and Wellness

Page: 55

Feedback: Stress, page 55

38. According to the Social Readjustment Rating Scale, which of the following stressors has the MOST profound effect on a person?

A) Gain of a new family member.

B) Spouse begins or stops working.

C) Change to a different line of work.

D) Foreclosure of mortgage or loan.

Ans: A

Complexity: Moderate

Ahead: Stress

Subject: Paramedic Workforce Safety and Wellness

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Feedback: Stress, page 54

39. During a crisis, the paramedic is able to focus and function, but afterwards, he or she may be left with nervous, excited energy that continues to build. This is indicative of:

A) burnout.

B) an acute stress reaction.

C) a delayed stress reaction.

D) a cumulative stress reaction.

Ans: C

Complexity: Moderate

Ahead: Stress

Subject: Paramedic Workforce Safety and Wellness

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Feedback: Stress, page 55

40. Signs and symptoms of cumulative stress include:

A) insomnia or hypersomnia.

B) increased sexual function.

C) bradycardia and hypotension.

D) decreased interest in alcohol.

Ans: A

Complexity: Easy

Ahead: Stress

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Feedback: Stress, page 55

41. Prolonged or excessive stress has been proven to be a strong contributor to:

A) depression.

B) hypotension.

C) schizophrenia.

D) bipolar disorder.

Ans: A

Complexity: Easy

Ahead: Stress

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Feedback: Stress, page 55

42. Chronic stress:

A) has actually been shown to lower one's risk for cancer.

B) places the body in a continuous, unrelieved state of alert.

C) most commonly results from a single acute stress reaction.

D) is preferentially treated with a benzodiazepine medication.

Ans: B

Complexity: Moderate

Ahead: Stress

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Feedback: Stress, page 55

43. Unrecognized or unrelieved stress:

A) is less harmful than acute stress.

B) results in nervous system failure.

C) can result in poor physical health.

D) requires antipsychotic medications.

Ans: C

Complexity: Moderate

Ahead: Stress

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Feedback: Stress, page 54

44. Which of the following is NOT an early warning sign of stress?

A) Heart palpitations

B) Dry, irritated skin

C) Chest pain or tightness

D) Difficult or rapid breathing

Ans: B

Complexity: Easy

Ahead: Stress

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Feedback: Stress, page 58

45. When attempting to control your own anxiety through controlled breathing, you should:

A) take deep breaths in through the nose and out through the mouth.

B) take in several shallow breaths followed by prolonged exhalation.

C) wait until the call is over before attempting this form of anxiety relief.

D) breathe rapidly for 5 seconds and then hold your breath for 5 seconds.

Ans: A

Complexity: Moderate

Ahead: Stress

Subject: Paramedic Workforce Safety and Wellness

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46. When managing stress, it is important to:

A) consume only moderate amounts of alcohol.

B) avoid taking sleeping aids after a stressful event.

C) avoid vigorous exercise because it raises your heart rate.

D) increase your caffeine intake to increase your alertness.

Ans: B

Complexity: Moderate

Ahead: Stress

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Feedback: Stress, page 58

47. Progressive relaxation is a technique of anxiety relief that:

A) allows you to relax without being noticed by others.

B) utilizes sedative medications to facilitate anxiety relief.

C) can easily be used even if you are on an emergency call.

D) involves tightening and relaxing specific muscle groups.

Ans: D

Complexity: Moderate

Ahead: Stress

Subject: Paramedic Workforce Safety and Wellness

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Feedback: Stress, page 58

48. To prepare for or handle stress, you should:

A) increase your caffeine intake to facilitate the fight-or-flight mechanism.

B) stop taking any prescribed anxiolytic medications so you can stay focused.

C) exercise vigorously and regularly during the 12 hours preceding your shift.

D) avoid using alcohol during the 36-hour period before the start of your shift.

Ans: C

Complexity: Moderate

Ahead: Stress

Subject: Paramedic Workforce Safety and Wellness

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Feedback: Stress, page 58

49. A patient's response to an emergency is determined by:

A) the type of illness or injury that is involved.

B) the patient's personal methods of adapting to stress.

C) the patient's inherent ability to accept the situation.

D) the paramedic's perception of the patient's condition.

Ans: B

Complexity: Moderate

Ahead: Stress

Subject: Paramedic Workforce Safety and Wellness

Page: 55

Feedback: Stress, page 55

50. What type of person is particularly vulnerable to anxiety when he or she experiences an illness or injury?

A) One whose self-esteem depends on being active, independent, and aggressive

B) One who understands that his or her situation is hopeless but who is easily able to accept it

C) One who can evaluate the competence level of the paramedic taking care of him or her

D) One who takes medications for conditions such as high blood pressure and hyperactivity

Ans: A

Complexity: Moderate

Ahead: Stress

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Feedback: Stress, page 56

51. It is MOST important for you to remember that an angry or resentful patient:

A) can only be calmed by a family member or friend.

B) is usually extremely difficult to effectively care for.

C) usually thinks that you are incompetent and uncaring.

D) is acting in such a manner due to fear of the situation.

Ans: D

Complexity: Moderate

Ahead: Stress

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Page: 56

Feedback: Stress, page 56

52. When caring for a confused elderly patient, it is MOST important for the paramedic to:

A) request the presence of a family member.

B) explain what he or she is doing at all times.

C) recognize that this is normal in elderly people.

D) avoid talking to the patient to minimize anxiety.

Ans: B

Complexity: Moderate

Ahead: Stress

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53. When a patient minimizes his or her symptoms by stating, “I'm fine,” the paramedic should:

A) recognize that his or her condition is not life threatening.

B) realize that he or she is subconsciously in a state of regression.

C) find a reliable informant among the patient's family or friends.

D) explain that the situation is indeed urgent and requires evaluation.

Ans: C

Complexity: Moderate

Ahead: Stress

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54. The ECG of a patient clearly indicates that he is experiencing a heart attack. The paramedic advises the patient of this, but the patient states, “No, I don’t care what your machine says; it’s not my heart.” This is an example of:

A) denial.

B) regression.

C) projection.

D) displacement.

Ans: A

Complexity: Easy

Ahead: Stress

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55. The attribution of one's own behavior or feelings to others is called:

A) projection.

B) regression.

C) digression.

D) displacement.

Ans: A

Complexity: Easy

Ahead: Stress

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Feedback: Stress, page 56

56. A woman having a possible heart attack redirects her anger away from her condition and toward the paramedic. This is called:

A) digression.

B) projection.

C) regression.

D) displacement.

Ans: D

Complexity: Moderate

Ahead: Stress

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Feedback: Stress, page 56

57. A return to an earlier age level of behavior or emotional adjustment during a crisis situation is called:

A) projection.

B) regression.

C) digression.

D) redirection.

Ans: B

Complexity: Easy

Ahead: Stress

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Feedback: Stress, page 56

58. Most of a patient's psychological stress responses to an illness or injury are:

A) predictable, so the paramedic can prepare for them.

B) not under his or her conscious control.

C) related to the patient's level of maturity.

D) a direct result of the paramedic's presence.

Ans: B

Complexity: Moderate

Ahead: Stress

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Feedback: Stress, page 56

59. Which of the following statements regarding a patient's reaction to an illness or injury and his or her cultural background is MOST correct?

A) You should touch the patient early in the assessment process to determine his or her cultural customs.

B) In most cultures, direct eye contact shows deference to the paramedic's authority and uniform.

C) You will not be able to manage patient care well if you do not respect the culture of your patient.

D) Refusal of a patient to maintain eye contact with you indicates an emotional indifference, not a cultural one.

Ans: C

Complexity: Moderate

Ahead: Stress

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60. A patient with different cultural beliefs will not maintain eye contact with you. He is very pleasant, but looks down at the ground when answering your questions. What does this indicate?

A) He is not forthcoming to your questions.

B) He is showing respect for your authority.

C) He fears your presence and is intimidated.

D) He cannot express his feelings accurately.

Ans: B

Complexity: Moderate

Ahead: Stress

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61. When the parent of an ill or injured child is angry and demanding, and implies that you are not competent to handle the situation, your MOST appropriate response should be to:

A) reassure the parent that you are working under the physician's guidance in the best interests of the child.

B) ask the parent if he or she would like to transport the child to the hospital in his or her personal vehicle.

C) advise the parent that you have many hours of training and experience and can handle the situation competently.

D) show the parent your paramedic credential to reassure him or her that you are qualified to provide emergency care.

Ans: A

Complexity: Difficult

Ahead: Stress

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62. When you enter a situation in which everyone is under stress, it is important to remember that:

A) most people respond to stress with isolated bouts of violence.

B) all human beings respond to stress in almost identical ways.

C) an authoritative tone of voice will quickly defuse the situation.

D) there is no guarantee that people are going to behave appropriately.

Ans: D

Complexity: Moderate

Ahead: Stress

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Feedback: Stress, page 57

63. A patient who subconsciously converts his or her anxiety into a bodily dysfunction is experiencing:

A) blind panic.

B) clinical depression.

C) regressive behavior.

D) conversion hysteria.

Ans: D

Complexity: Moderate

Ahead: Stress

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64. People who overreact at the scene of an emergency, such as an incident with multiple casualties, will MOST likely:

A) have a history of anxiety.

B) be compulsively talkative.

C) be in a numbed, dazed state.

D) experience bodily dysfunction.

Ans: B

Complexity: Moderate

Ahead: Stress

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65. At the scene of an incident involving multiple patients, an obviously depressed bystander needs:

A) an assessment to determine why he or she is depressed.

B) immediate psychological support and possible transport.

C) to be brought back to reality and removed from the scene.

D) prompt removal from the scene by law enforcement personnel.

Ans: C

Complexity: Moderate

Ahead: Stress

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66. Part of your therapeutic role as a paramedic includes:

A) maintaining a calm and confident attitude.

B) clearly displaying your emotions to the patient.

C) not keeping your emotions bottled up inside of you.

D) advising noncritical patients that they do not need EMS.

Ans: A

Complexity: Moderate

Ahead: Stress

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67. When a patient calls EMS for an apparent non-life-threatening condition, the paramedic should:

A) recall that what he or she considers to be a nonemergency may be very emergent to the patient.

B) educate the patient regarding what constitutes an emergency and thus the need to call for an ambulance.

C) perform a brief assessment only to rule out any life threats and then transport the patient to the hospital.

D) remember that most nonemergent calls involve patients with an emotional crisis who just need to talk.

Ans: A

Complexity: Moderate

Ahead: Stress

Subject: Paramedic Workforce Safety and Wellness

Pages: 57–58

Feedback: Stress, pages 57–58

68. Burnout is a consequence of:

A) a high call volume.

B) many years in EMS.

C) underlying depression.

D) chronic, unrelieved stress.

Ans: D

Complexity: Moderate

Ahead: Stress

Subject: Paramedic Workforce Safety and Wellness

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Feedback: Stress, page 57

69. Burnout is MOST accurately defined as:

A) an acute reaction to an overwhelming situation.

B) the exhaustion of physical or emotional strength.

C) cynicism after being a paramedic for many years.

D) a person's emotional reaction to a stressful event.

Ans: B

Complexity: Moderate

Ahead: Stress

Subject: Paramedic Workforce Safety and Wellness

Page: 58

Feedback: Stress, page 57

70. Which of the following statements regarding distress is correct?

A) Paramedics most commonly become distressed because of what other people believe about them.

B) Distress is a learned reaction, based on the way the paramedic perceives and interprets a given situation.

C) A paramedic who becomes distressed at the sight of a mutilating injury should consider a different line of work.

D) The same situations or events that cause distress in one paramedic usually cause distress in another paramedic.

Ans: B

Complexity: Moderate

Ahead: Stress

Subject: Paramedic Workforce Safety and Wellness

Page: 59

Feedback: Stress, page 59

71. Which of the following is a realistic and healthy belief that any paramedic should possess?

A) “If a patient that I am caring for dies, it is solely my responsibility.”

B) “If there's something I don't know, people will not think less of me.”

C) “My safety depends on being able to anticipate every possible danger.”

D) “As a paramedic, I must never make mistakes while caring for patients.”

Ans: B

Complexity: Moderate

Ahead: Stress

Subject: Paramedic Workforce Safety and Wellness

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Feedback: Stress, page 59

72. Which of the following is NOT a symptom of impending burnout?

A) Requesting additional shifts

B) Chronic fatigue and irritability

C) Decreased ability to concentrate

D) Frequent stomach upset or colds

Ans: A

Complexity: Easy

Ahead: Stress

Subject: Paramedic Workforce Safety and Wellness

Page: 59

Feedback: Stress, page 59

73. The FIRST thing you should do if you think you are beginning to experience symptoms of burnout is:

A) take at least 3 weeks off from work and go on a vacation.

B) see a psychologist and try to identify the underlying cause.

C) reexamine your beliefs and your ways of responding to stress.

D) request to work at a busier station to keep your mind occupied.

Ans: C

Complexity: Moderate

Ahead: Stress

Subject: Paramedic Workforce Safety and Wellness

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Feedback: Stress, page 59

74. In general, paramedics who do not experience burnout are those who:

A) regularly see a psychiatrist or psychologist.

B) have been paramedics for fewer than 10 years.

C) consider the patient's needs before their own.

D) have learned to value and respect themselves.

Ans: D

Complexity: Moderate

Ahead: Stress

Subject: Paramedic Workforce Safety and Wellness

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Feedback: Stress, page 59

75. General guidelines for preventing burnout include:

A) avoiding stress-relieving techniques while you are on duty.

B) taking a mild sedative to help get adequate sleep each night.

C) discussing your shift with your spouse or other family members.

D) engaging in social activities with people not involved in EMS.

Ans: D

Complexity: Moderate

Ahead: Stress

Subject: Paramedic Workforce Safety and Wellness

Page: 60

Feedback: Stress, page 60

76. An unsuccessful resuscitation attempt will rarely be an emotional issue for the paramedic if he or she:

A) has never personally experienced a loved one's death.

B) maintains a firm and realistic grip on his or her own ego.

C) critiques the call and knows that mistakes were not made.

D) has participated in many resuscitation attempts in the past.

Ans: B

Complexity: Moderate

Ahead: Coping with Death and Dying

Subject: Paramedic Workforce Safety and Wellness

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Feedback: Coping with Death and Dying, page 60

77. \_\_\_\_\_\_\_\_ is a way of buffering bad news until a person can mobilize the resources to deal with that news more effectively.

A) Denial

B) Anger

C) Bargaining

D) Depression

Ans: A

Complexity: Easy

Ahead: Coping with Death and Dying

Subject: Paramedic Workforce Safety and Wellness

Page: 61

Feedback: Coping with Death and Dying, page 61

78. Which of the following statements regarding the anger phase of the grieving process is correct?

A) Anger is almost always the first phase of the grieving process that patients experience.

B) People with anger often ask “Why me?” and commonly direct the anger at themselves.

C) Anger often replaces denial when a person can no longer deny the reality of the situation.

D) Those who express anger toward the paramedic truly believe the paramedic is incompetent.

Ans: C

Complexity: Moderate

Ahead: Coping with Death and Dying

Subject: Paramedic Workforce Safety and Wellness

Page: 61

Feedback: Coping with Death and Dying, page 61

79. Family members who are depressed following the loss of a loved one:

A) should seek psychiatric counseling.

B) should have their emotions redirected.

C) typically do not want to be cheered up.

D) will usually wish to share their feelings.

Ans: C

Complexity: Moderate

Ahead: Coping with Death and Dying

Subject: Paramedic Workforce Safety and Wellness

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Feedback: Coping with Death and Dying, page 61

80. The statement “If I can just live long enough to see my son's wedding, I can die in peace” is indicative of the \_\_\_\_\_\_\_\_\_\_\_\_ stage of the grieving process.

A) anger

B) denial

C) depression

D) bargaining

Ans: D

Complexity: Moderate

Ahead: Coping with Death and Dying

Subject: Paramedic Workforce Safety and Wellness

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Feedback: Coping with Death and Dying, page 61

81. When a dying person enters the acceptance stage:

A) he or she begins to experience significant anxiety.

B) it is often the family that is in need of the most help.

C) he or she typically requires a lot of emotional support.

D) his or her family members accept the situation as well.

Ans: B

Complexity: Moderate

Ahead: Coping with Death and Dying

Subject: Paramedic Workforce Safety and Wellness

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Feedback: Coping with Death and Dying, page 61

82. In which order do MOST people progress through the stages of grieving?

A) Denial, bargaining, anger, acceptance, depression

B) Anger, denial, depression, bargaining, acceptance

C) Depression, denial, anger, bargaining, acceptance

D) Denial, anger, bargaining, depression, acceptance

Ans: D

Complexity: Moderate

Ahead: Coping with Death and Dying

Subject: Paramedic Workforce Safety and Wellness

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Feedback: Coping with Death and Dying, page 61

83. Some health care professionals are reluctant to discuss death with patients because:

A) of their own anxiety about the subject.

B) they do not want to offend the patient.

C) this often causes the patient great stress.

D) they are not adequately trained to do so.

Ans: A

Complexity: Moderate

Ahead: Coping with Death and Dying

Subject: Paramedic Workforce Safety and Wellness

Page: 61

Feedback: Coping with Death and Dying, page 61

84. The MOST important thing the paramedic can do for a dying patient is to:

A) let him or her know that it is okay to talk about it.

B) remain quiet and recognize that the patient is upset.

C) transport him or her to the closest appropriate facility.

D) maintain a sympathetic attitude regarding the situation.

Ans: A

Complexity: Moderate

Ahead: Coping with Death and Dying

Subject: Paramedic Workforce Safety and Wellness

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Feedback: Coping with Death and Dying, page 61

85. If a patient with a possible heart attack asks you if he or she is going to die, you should:

A) avoid answering the question and redirect the patient's thought process.

B) advise him or her that only a licensed physician can answer this question.

C) acknowledge the seriousness of the situation without taking away all hope.

D) be honest and forthcoming by stating that the situation does not look good.

Ans: C

Complexity: Moderate

Ahead: Coping with Death and Dying

Subject: Paramedic Workforce Safety and Wellness

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Feedback: Coping with Death and Dying, page 61

86. When caring for the family members of a deceased person, you should:

A) keep the deceased patient's body out of the family's view.

B) avoid euphemisms for death, such as “expired” or “passed away.”

C) not allow the family to view the deceased until the coroner arrives.

D) quickly move your resuscitation equipment away from the patient.

Ans: B

Complexity: Moderate

Ahead: Coping with Death and Dying

Subject: Paramedic Workforce Safety and Wellness

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Feedback: Coping with Death and Dying, page 62

87. When dealing with a grieving child, it is important to remember that:

A) you should advise family members to change the child's routine.

B) children 9 to 12 years of age may want to know details of the incident.

C) family members should be discouraged from crying in front of the child.

D) children as young as 1 year of age are aware that something bad has occurred.

Ans: B

Complexity: Moderate

Ahead: Coping with Death and Dying

Subject: Paramedic Workforce Safety and Wellness

Page: 62

Feedback: Coping with Death and Dying, page 62

88. A critical incident is MOST accurately defined as:

A) a delayed stress reaction to an incident that is similar to what has been experienced in the past.

B) a situation that completely incapacitates a person's ability to cope with the acute stress reaction at the scene.

C) any incident that completely overwhelms a paramedic's ability to manage the short-term stress caused by the incident.

D) an incident that overwhelms the ability of an EMS worker or system to cope with the experience, either at the scene or later.

Ans: D

Complexity: Moderate

Ahead: Coping with Death and Dying

Subject: Paramedic Workforce Safety and Wellness

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Feedback: Coping with Death and Dying, page 63

89. Which of the following situations would be the LEAST likely to require a critical incident stress debriefing (CISD)?

A) Death of a 91-year-old patient with lung cancer

B) Serious injury of a coworker in the line of duty

C) Intense media attention during a major incident

D) An airliner crash involving multiple casualties

Ans: A

Complexity: Moderate

Ahead: Coping with Death and Dying

Subject: Paramedic Workforce Safety and Wellness

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Feedback: Coping with Death and Dying, page 63

90. Common signs of PTSD include all of the following, EXCEPT:

A) recurring mental flashbacks of the incident.

B) a change in appetite following a serious incident.

C) feelings of guilt that you performed inadequately.

D) difficulty getting an incident out of your thoughts.

Ans: C

Complexity: Easy

Ahead: Coping with Death and Dying

Subject: Paramedic Workforce Safety and Wellness

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Feedback: Coping with Death and Dying, page 63

91. A formal critical incident stress debriefing (CISD):

A) typically takes about 1 hour and is usually conducted within the workplace with the EMS provider's supervisor and medical director present.

B) is usually coordinated by one or more professional counselors 24 to 72 hours after an incident that is causing persistent symptoms in personnel.

C) is usually a brief defusing session that is typically conducted at the scene of a major incident and facilitates the normal process of grieving.

D) is a one-on-one session in which a psychiatrist or psychologist meets with each person who was directly involved in an incident that causes stress.

Ans: B

Complexity: Moderate

Ahead: Coping with Death and Dying

Subject: Paramedic Workforce Safety and Wellness

Page: 63

Feedback: Coping with Death and Dying, page 63

92. When the paramedic observes standard precautions on a call, he or she:

A) realizes that there is a low risk for disease transmission.

B) acknowledges that all bodily fluids are potentially infectious.

C) is aware that HIV and hepatitis are the only diseases of concern.

D) wears gloves and a mask only if the patient has an infectious disease.

Ans: B

Complexity: Moderate

Ahead: Protecting Yourself

Subject: Paramedic Workforce Safety and Wellness

Page: 47

Feedback: Protecting Yourself, page 47

93. When wearing gloves while taking care of a patient, you should:

A) routinely apply two pairs of gloves for added protection.

B) avoid removing them until patient care has been completed.

C) take them off before you drive the ambulance to the hospital.

D) ensure that the gloves are sterile before you touch the patient.

Ans: C

Complexity: Moderate

Ahead: Protecting Yourself

Subject: Paramedic Workforce Safety and Wellness

Page: 48

Feedback: Protecting Yourself, page 48

94. The MOST appropriate way to wash your hands following patient care involves:

A) soaking your hands in warm water and rinsing with clean water.

B) washing vigorously with an antimicrobial solution for at least 20 seconds.

C) using waterless hand cleaner gels or wipes instead of antibacterial soap.

D) applying isopropyl alcohol and then rinsing your hands with clean water.

Ans: B

Complexity: Moderate

Ahead: Protecting Yourself

Subject: Paramedic Workforce Safety and Wellness

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Feedback: Protecting Yourself, page 49

95. If you have a bad cold, it is MOST appropriate to:

A) refrain from patient care.

B) place a mask on yourself.

C) place a mask on the patient.

D) routinely wear a full face shield.

Ans: A

Complexity: Moderate

Ahead: Protecting Yourself

Subject: Paramedic Workforce Safety and Wellness

Page: 49

Feedback: Protecting Yourself, page 49

96. Which of the following statements regarding TB is correct?

A) A surgical mask should be worn when caring for any patient with TB.

B) N95 respirators do not provide protection against TB as once thought.

C) The number of patients with TB has been declining over the last 5 years.

D) It is one of the most common diseases contracted by breathing in germs.

Ans: D

Complexity: Moderate

Ahead: Protecting Yourself

Subject: Paramedic Workforce Safety and Wellness

Pages: 49–50

Feedback: Protecting Yourself, pages 49–50

97. Immediately following exposure to a patient's blood or body fluids, the paramedic should:

A) be evaluated by a physician.

B) thoroughly document the exposure.

C) turn patient care over to another provider.

D) wash the affected area with soap and water.

Ans: C

Complexity: Moderate

Ahead: Protecting Yourself

Subject: Paramedic Workforce Safety and Wellness

Page: 51

Feedback: Protecting Yourself, page 51

98. Upon receiving a call for a “person down,” the paramedic should:

A) use emergency medical responders for additional help.

B) request initial response by law enforcement personnel.

C) assume that the patient is in full cardiopulmonary arrest.

D) gain access to the patient as quickly and safely as possible.

Ans: B

Complexity: Moderate

Ahead: Protecting Yourself

Subject: Paramedic Workforce Safety and Wellness

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Feedback: Protecting Yourself, page 51

99. “Everyday” calls are the most dangerous kinds of calls the paramedic will run because:

A) everyday calls tend to attract a lot of bystanders.

B) law enforcement personnel are often not available.

C) he or she becomes naturally comfortable with them.

D) most of these calls have a high potential for violence.

Ans: C

Complexity: Moderate

Ahead: Protecting Yourself

Subject: Paramedic Workforce Safety and Wellness

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Feedback: Protecting Yourself, page 51

100. Upon arriving at the scene of a motor vehicle collision:

A) parking the ambulance in dry grass may cause a fire.

B) traffic is usually the only hazard with which to be concerned.

C) the ambulance should be parked at least 200 feet away.

D) you should look for hazards as you approach the vehicle.

Ans: A

Complexity: Moderate

Ahead: Protecting Yourself

Subject: Paramedic Workforce Safety and Wellness

Page: 52

Feedback: Protecting Yourself, page 52

101. You have loaded a cardiac arrest patient onto the stretcher and are preparing to lift the stretcher. When doing so, you should:

A) keep your back in a slightly curved position.

B) take unnecessary equipment off the stretcher.

C) remember to lift with your back, not your legs.

D) recall that the foot end of the stretcher is the heaviest.

Ans: B

Complexity: Moderate

Ahead: Components of Well-Being

Subject: Paramedic Workforce Safety and Wellness

Pages: 43–44

Feedback: Components of Well-Being, pages 43–44

102. During an emergency call, you begin experiencing a significant amount of anxiety. The patient's family is present and the patient's condition is critical. You should:

A) request a relief paramedic and disengage from patient care at once.

B) tighten and then relax specific muscle groups to initiate relaxation.

C) try to ignore the anxiety as best you can and take care of the patient.

D) take deep breaths in through your nose and out through your mouth.

Ans: D

Complexity: Moderate

Ahead: Stress

Subject: Paramedic Workforce Safety and Wellness

Page: 58

Feedback: Stress, page 58

103. You and your partner are caring for an 82-year-old woman who is obviously confused at the situation. It is MOST important for you to:

A) limit your dialogue with the patient to avoid agitating her.

B) ask a family member to apprise the patient of the current situation.

C) sympathize with the woman and tell her that everything will be all right.

D) carefully explain what you are doing and frequently talk to the patient.

Ans: D

Complexity: Moderate

Ahead: Stress

Subject: Paramedic Workforce Safety and Wellness

Pages: 56

Feedback: Stress, pages 56

104. You and your team are attempting to resuscitate a 50-year-old man in cardiac arrest when his wife returns home. She immediately goes into a blind panic and begins screaming and crying. You should:

A) ask a police officer to take her outside and explain the current situation to her.

B) separate her from the area and place her under the supervision of a calmer person.

C) continue your resuscitative efforts and then tend to the woman when it is feasible.

D) tactfully advise the woman that her screaming and crying are hampering your efforts.

Ans: B

Complexity: Difficult

Ahead: Stress

Subject: Paramedic Workforce Safety and Wellness

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Feedback: Stress, page 57

105. While caring for a woman with acute shortness of breath, your partner, a dedicated paramedic for many years, tells the patient that she should have driven herself to the hospital instead of calling EMS. Your partner's behavior is MOST consistent with:

A) impending burnout.

B) an acute stress reaction.

C) a lack of interest for EMS.

D) a personal conflict with the patient.

Ans: A

Complexity: Difficult

Ahead: Stress

Subject: Paramedic Workforce Safety and Wellness

Pages: 59

Feedback: Stress, pages 59

106. You are transporting a 60-year-old man with pancreatic cancer to the local cancer therapy center for his radiation treatment. The man is clearly depressed. Which of the following questions or statements would be MOST appropriate for you to make?

A) “Do you feel the need to talk about dying?”

B) “I will take care of you and everything will be all right.”

C) “If there's anything worrying you, I'd be glad to listen.”

D) “I know how you feel and am sorry about your condition.”

Ans: C

Complexity: Difficult

Ahead: Coping with Death and Dying

Subject: Paramedic Workforce Safety and Wellness

Pages: 61

Feedback: Coping with Death and Dying, pages 61

107. While starting an IV on a patient complaining of abdominal pain, you inadvertently get stuck with the needle before you can place it in the sharps container. You should:

A) continue with patient care, report the incident to your infection control officer, and schedule an appointment with your physician.

B) complete your care of the patient, wash the affected area as soon as you reach the hospital, and report the incident to your supervisor.

C) ask the driver to pull over, assume the role of driver, continue on to the hospital, and see a physician in the emergency department.

D) immediately clean the affected area with isopropyl alcohol, ask the patient if he has any infectious diseases, and report the incident to your supervisor.

Ans: B

Complexity: Moderate

Ahead: Protecting Yourself

Subject: Paramedic Workforce Safety and Wellness

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Feedback: Protecting Yourself, page 51

108. You arrive at the scene of an injured person. As you and your partner approach the patient, you see that he is bleeding profusely from a large laceration to his neck. As you are about to begin patient care, a man walks up and states, “I cut him!” You should:

A) begin to care for the patient and have your partner remove the man from the area.

B) notify law enforcement at once and request that the man be placed under arrest.

C) ask the man why he cut the patient as you perform an initial patient assessment.

D) retreat from the scene to a safe area and immediately notify law enforcement.

Ans: D

Complexity: Moderate

Ahead: Protecting Yourself

Subject: Paramedic Workforce Safety and Wellness

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Feedback: Protecting Yourself, page 51

109. Your unit is the first to arrive at the scene of a traffic accident. Numerous bystanders are surrounding the wrecked vehicle. The driver appears to be unresponsive. You should:

A) remain in the ambulance and wait for law enforcement personnel to arrive at the scene.

B) assess the scene carefully and notify other responding units of any hazards that may be present.

C) exit your unit, immediately move the bystanders to an area of safety, and gain access to the patient.

D) quickly gain access to the patient, remain alert for any scene hazards, and keep the bystanders away from the vehicle.

Ans: B

Complexity: Moderate

Ahead: Protecting Yourself

Subject: Paramedic Workforce Safety and Wellness

Pages: 51–52

Feedback: Protecting Yourself, pages 51–52