

**102104T4HSS**

**HEALTH SERVICES SUPPORT LEVEL 5**

**MED/CU/HSS/CC/01/5/A**

**PROVIDE FIRST AID SERVICES LEVEL 5**

**ASSESSOR WRITTEN ASSESSMENT**

**INSTRUCTIONS TO CANDIDATES**

*Maximum marks for each question are indicated in brackets ( ).*

*This paper consists of* ***THREE*** *sections: A, B and C.*

*The answers provided act as guidelines*

**This paper consists of ELEVEN (11) printed pages**

**Candidates should check the question paper to ascertain that all pages are printed as indicated and that no questions are missing**

**SECTION A:** (20 marks)

***In this section, each correct answer is 1 mark.***

1. When making a 911 call, the three W’s to employ include; (1 mark)
2. **Who, What, Where**
3. Where, What and Why
4. Why, When and Where
5. Who, What and When
6. First aid stands for; (1 mark)
7. Completing a primary survey during an accident
8. **The first help given to the victim of an accident**
9. Assessing a victim’s vital signs in an accident
10. Treating a victim for shock in an accident
11. An adult choking victim requires one of the following immediate intervention; (1 mark)
12. The Heimlich maneuver
13. **Back slaps between the shoulder blades**
14. Two rescue breaths and CPR
15. You should follow the steps for rescue breathing
16. The accepted treatment for a femur or thigh fracture is: (1 mark)
17. **Place a short padded splint on each side of the leg**
18. Traction splint applied by those with special training
19. Move the victim before properly applying a leg splint
20. Bind both legs with two long splints using two cravats,
21. Some people are very allergic to insect bites and stings. This condition is called: (1 mark)
22. Septic shock
23. Cardiac arrest
24. Toxic shock syndrome
25. **Anaphylactic shock**
26. A small organism that burrows into the skin and causes itching is; (1 mark)
27. Common wood tick
28. Limon-Lyme tick
29. Rocky Mountain spotted tick
30. **Chigger**
31. The first concern at the scene where a person has been seriously burned is; (1 mark)
32. **Checking the scene for safety**
33. Checking the victims breathing and pulse
34. Calling your local emergency phone number
35. Cooling the burned area.
36. The accepted treatment for a sprained ankle is: (1 mark)
37. **Remove the shoe and check for swelling using the capillary reflex method**
38. Keep the shoe on, apply an ankle bandage for support, elevate and apply cold towels
39. Keep the shoe on, apply an ankle splint and apply heat if possible
40. Have the victim walk or move as soon as possible to prevent stiffness
41. The aim in treating abdominal wounds includes; (1 marks)
42. **To promote healing**
43. To promote hospital stay
44. To promote pain.
45. To increase sepsis
46. Fainting is: (1 mark)
47. A response to fear.
48. An unexpected collapse.
49. **A brief loss of consciousness.**
50. A brief loss of breathe.
51. The accepted treatment for nose bleeding is: (1 mark)
52. Use direct pressure, elevation and pressure points to control the bleeding
53. Tilt the head back, tightly squeeze the nostrils and apply cold towels
54. **Lean forward. Apply gentle pressure on the nostril. Apply cold towels.**
55. Lay the victim on his back and treat for shock. Apply heat if available
56. A condition of sudden, involuntary spasmodic contractions of the diaphragm and intercostal muscles; (1 mark)
57. Choking
58. **Hiccups**
59. Angina Pectoris
60. Asphyxia
61. The following are methods of applying bandages; (1 mark)
62. Circular and rectangular
63. **Spiral and reverse spiral**
64. Figure eight and rectangular
65. Reverse spiral and Oval
66. The best definition of the “Hurry Cases” is; (1 mark)
67. **Breathing, bleeding and broken bones**
68. Any condition that threatens a victim’s life
69. Any illness where the victim vomits
70. Any accident requiring rescue breathing
71. After you have assessed the accident scene and provided for your own safety; (1 mark)
72. **Take charge, remain calm and act with confidence to the level of your training**
73. Provide primary treatment for shock within the accident scene
74. Call 911 or your local emergency number to come for assistance
75. Provide immediate treatment for the “hurry cases” before the arrival of the medics
76. To treat a first degree burn you should: (1 mark)
77. Apply a good quality burn cream or ointment
78. Clean the area thoroughly with hot soapy water
79. Apply a constricting band between the burn and the heart
80. **Apply cool running water until there is little or no remaining pain**
81. The best procedure to follow for a water rescue is; (1 mark)
82. **Throw, row then goes**
83. Try to reach from the shore, then throw a rope or rescue device, last go with support
84. Swim with support, throw a rope or flotation device, reach with a pole from shore
85. Reach, paddle, swim
86. White or grayish-yellow patches on someone’s ears, noses or cheeks are signs of; (1 mark)
87. **Frostbite**
88. Cold related stress disorder
89. Anaphylactic shock
90. Hypothermia
91. The best procedure for treating a known poisonous snake bite is; (1 mark)
92. Capture the snake. Place it in an ice chest and take the snake and victim to a hospital.
93. Place a constricting bandage 4 inches above the head of the snake to slow the spread of venom
94. **Keep the victim calm, keep the bite location lower than the heart, get medical help**
95. Immediately raise bitten part and cover the region as you take the victim to hospital
96. Circulatory shock is caused by one of the following; (1 mark)
97. Severe Infection
98. Angina pectoris
99. Head injury
100. **Cardiac arrest**

**SECTION B: (**40 marks**)**

***Note to Assessor****:* ***These are suggested answers to act as guidelines***

1. State **Three (3)** divisions of heat injuries (3marks)

* **Heat cramps**
* **Heat exhaustion**
* **Heat cramps**

***(Award 1mark to a maximum of 3 for the correct response)***

1. Highlight **Six (6)** responsibilities of a first aider. (6 marks)

* **Assess the situation quickly and safely summon appropriate help.**
* **Protect casualties and others at the scene of danger.**
* **To identify, as far as possible, the nature of illness or injury affecting casualty.**
* **To give each casualty early and appropriate treatment, treating most serious condition first.**
* **To arrange for the casualty’s removal to hospital or in the care of a doctor.**
* **To remain with a casualty until appropriate care is available.**
* **To report your observations to those taking care of the casualty, and to give further assistance if required.**

***(Award 1mark to a maximum of 6 for the correct response)***

1. State **Five (5)** signs and symptoms of a fracture. (5marks)

* **"Grating" sensation of bones rubbing together**
* **Pain, tenderness, swelling, bruising**
* **Inability to move the injured part.**
* **Protruding bone and discoloration around the skin**
* **Shock**

***(Award 1mark to a maximum of 5 for the correct response)***

1. Outline **Four (4)** Priorities of a casualty. (4marks)

* **Save the unconscious casualties before the conscious one as they have a higher chance of recovery**
* **Save the young before the old**
* **Do not jeopardize your own life while rendering first Aid. In the event of immediate danger, get out of site immediately**
* **Remember: one of your aims is to preserve life and do not endanger your own in the process of rendering first Aid.**

***(Award 1mark to a maximum of 4 for the correct response)***

1. In any emergency, one must follow a clear plan of action. State the **Three (3)** principle steps in any emergency. (3marks)

* **Assessing the situation**
* **Making the area safe**
* **Giving emergency help**

***(Award 1mark to a maximum of 3 for the correct response)***

1. Define primary survey in first aid service. (2marks)

* **The primary survey is a quick systematic assessment of a person to establish if any conditions or injuries sustained are life threatening.**

***(Award 2 marks or zero for the correct response)***

1. Explain the procedure of performing ***Heimlich maneuver***; (6 marks)

* **Stand behind the victim.**
* **Wrap your arms around the victim's waist.**
* **Make a fist with one hand and place the thumb side of the fist against the victim's abdomen just above the navel and well below the lower tip of the breast bone.**
* **Grasp your fist with your other hand, with elbows out, and press your fist into the victim's abdomen**
* **Apply quick, upward thrusts. Each thrust is a distinct, separate attempt to dislodge the foreign object.**
* **Repeat thrusts until foreign object is cleared or the victim becomes unconscious.**

***(Award 1mark to a maximum of 6 for the correct response)***

1. State **Three (3)** basic mechanisms associated with shock. (3 marks)

* **The heart is damaged and fails to work as a pump**
* **Blood loss ( heavy bleeding) causes the volume of fluid within the cardiovascular system to be insufficient**
* **The vessel dilates so that the blood within the system is insufficient to provide adequate circulation.**

***(Award 1mark to a maximum of 3 for the correct response)***

1. Outline **Three (3)** types of bleeding. (3 marks)

* **Arterial bleeding; Richly oxygenated blood is bright red. Under pressure from the heart, it spurts from a wound in time with the heart beat**
* **Venous bleeding; Venous blood is dark red. It is under less pressure. Vein walls are capable of great distension and therefore blood can pool within them. Blood from a severed major vein may gush profusely.**
* **Capillary bleeding; Occurs at the site of all wounds. At first may be brisk but blood loss is usually slight. A blunt blow may rupture capillaries under the skin causing bleeding under the skin causing bleeding into the tissues(bruise)**

***(Award 1mark to a maximum of 3 for the correct response)***

1. State any **Five (5)** qualities of a first aider; (5 marks)

* **Highly trained i.e. have necessary knowledge, skills**
* **Examined and regularly re-examined**
* **Have sympathy and understanding**
* **Are up-to-date in knowledge and skill**
* **Have initiative and sense of leadership**
* **Have ability to act quickly, make decisions and improvise**
* **Appreciates that the less the interference the better**

***(Award 1mark to a maximum of 5 for the correct response)***

**SECTION C:** (40 marks)

***Note to Assessor****:* ***These are suggested answers to act as guidelines***

***Candidate to answer any Two (2) questions in this section***

1. Describe any **Five (5)** first aid management of a poisonous snake bite. (20 marks)

* **Promptness and instant action is required in this case. Call the emergency medical service before you start the first aid process. Keep in mind; you have to save the victim.**
* **Keep the victim calm and assure him that he will be alright.**
* **Help him come out of the shock as an increase in the heart rate or tremors may lead to more complications.**
* **Remove the clothes and jewelry around the affected body part.**
* **Immobilize the affected area without pressurizing it.**
* **Wash the wound immediately using warm water and soap.**
* **Do not elevate the casualty and keep the bite below the heart level.**
* **Observe the patient keenly.**
* **Never try to suck the venom with your mouth as you usually do when someone is hurt and the wound bleeds.**
* **You should not try to remove the venom by cutting into the wound or by applying suction**
* **Do not apply any ice on the wound.**
* **Do not give alcohol or hot beverages to the patient.**
* **Take the patient to the hospital as soon as possible, for further treatment.**

***(Award 4 marks to a maximum of 20 for the correct response)***

1. Discuss the Heart attack under the following titles.
   1. Definition (2 marks)

* **A heart attack is most commonly caused by a sudden obstruction in the blood supply to part of the heart muscle for example, because of a clot in a coronary artery. It can also be called myocardial infarction.**

***(Award 2 marks or zero for the correct response)***

* 1. Signs and symptoms. (10 marks)
* **Central chest pain radiating to the jaw**
* **Breathlessness**
* **Collapse often without warning**
* **Sense of impending doom**
* **Profuse sweating**

***(Award 2 marks to a maximum of 10 for the correct response)***

* 1. First aid (8marks)
* **Make the casualty as comfortable as possible to ease strain on the heart.**
* **Half sitting position with the head and shoulders supported and his knees bent**
* **Call for help**
* **Assist the casualty to take aspirin**

***(Award 2 marks to a maximum of 8 for the correct response)***

1. Poisoning is caused by swallowing, injecting, breathing in, or otherwise being exposed to a harmful substance.
2. Explain any **Five (5)** items that can cause poisoning. (10 marks)

* **Carbon monoxide gas (from furnaces, gas engines, fires, space heaters)**
* **Certain foods**
* **Chemicals in the workplace**
* **Drugs, including over-the-counter and prescription medicines (such as an aspirin overdose) and illicit drugs such as cocaine**
* **Household detergents and cleaning products**
* **Household and outdoor plants (eating toxic plants)**
* **Insecticides**
* **Paints*(Award 2 marks to a maximum of 10 for the correct response)***

1. Describe **Five (5)** first aid measures for organophosphate poisoning. (10 marks)

* **Check and monitor the person's airway, breathing, and pulse. If necessary, begin rescue breathing and CPR.**
* **Try to make sure that the person has indeed been poisoned. It may be hard to tell. Some signs include chemical-smelling breath, burns around the mouth, difficulty breathing, vomiting, or unusual odors on the person. If possible, identify the poison.**
* **Do NOT make a person throw up unless told to do so by poison control or a health care professional.**
* **If the person vomits, clear the person's airway. Wrap a cloth around your fingers before cleaning out the mouth and throat.**
* **If the person starts having convulsions, give convulsion first aid.**
* **Keep the person comfortable. The person should be rolled onto the left side, and remain there while getting or waiting for medical help.**
* **If the poison has spilled on the person's clothes, remove the clothing and flush the skin with water**

***(Award 2 marks to a maximum of 10 for the correct response)***