

NSPS
Brighton Ski Patrol
Fall 2007 Refresher
Station G and H Questions

1) What are five ways that the body heat is lost or gained from the external environment?

1. C _____
2. C _____
3. E _____
4. R _____
5. R _____

2) What is the most important organ for stabilizing body temperature?

- a. the blood
- b. the brain
- c. the autonomic nervous system
- d. the kidneys
- e. the skin

3) True or False – Superficial frostbite involves the skin and underlying tissue whereas Deep frostbite freezes only the skin.

4) What are some signs of hypothermia on the hill?

- a. patient has difficulty using their hands.
- b. shivering begins – increases – gets violent.
- c. patient stumbles, exhibits loss of coordination or weakness.
- d. patient has difficulty speaking, is slow thinking, has mild confusion.
- e. all of the above

5) What single sign leads to an accurate diagnosis of hypothermia?

- a. documentation of body core temperature below 98.6 degrees F (< 37 degrees C).
- b. patient feels cold and stiff.
- c. documentation of body core temperature below 95 degrees F (< 35 degrees C).
- d. patient's fingers and toes are immobile.
- e. none of the above

6) If a patient in an avalanche is found alive, what are the most common "injuries"?

- a. Hypoxia.
- b. Hypothermia.
- c. Traumatic injuries.
- d. Shock.
- e. All of the above.

7) What is done with a drowning victim to drain water from the upper airway?

- a. Press on their chest.
- b. Lift their chin.
- c. Turn them quickly to the left side.
- d. Gently press your knees in their abdomen.
- e. None of the above.

8) What is the "cornerstone" of emergency care for high altitude illness?

- a. Oxygen.
- b. CPR.
- c. Do no harm.
- d. Rapid descent to a lower altitude.
- e. None of the above.

9) What are the body's most efficient ways of dealing with excess heat?

- a. Politely and discretely drooling.
- b. Sweating (and evaporation of sweat).
- c. Panting.
- d. Dilation of skin blood vessels.
- e. All of the above

10) What is the physiological cause of heat exhaustion?

- a. Hypochondria
- b. Arachnophobia
- c. Hypovolemia
- d. Hypertension
- e. Hypertonicity

11) Match the following:

- | | | |
|----------------|-------|---|
| a) Fracture | _____ | 1) Muscle pull |
| b) Dislocation | _____ | 2) Broken bone |
| c) Sprain | _____ | 3) Disruption of a joint where bone ends are no longer in normal contact. |
| d) Strain | _____ | 4) Partial dislocation and partial tearing of supporting ligaments. |

12) The most reliable indicator of an underlying fracture is:

- a) Swelling.
- b) Point tenderness.
- c) Blood.
- d) Discoloration.
- e) None of the above.

13) Major sign(s) that are good indicators of circulatory and nerve function distal to an injury:

- a) pulse
- b) capillary refill
- c) Sensation
- d) Motor function
- e) All of the above.

14) Which of the below are hazards of improper splinting?

- a) Compression of nerves, tissues and blood vessels.
- b) Delay in transport of patient with a life-threatening injury.
- c) Reduction of distal circulation if splint is too tight.
- d) Aggravation of injury.
- e) Injury to tissues, nerves, blood vessels or muscles as a result of excessive movement of the bone or joint.
- f) All of the above

15) The _____ is one of the most commonly fractured bones in the body.

- a) Distal phalange.
- b) Proximal phalange.
- c) Clavicle.
- d) Scapula.
- e) Patella.

16) The shoulder most frequently dislocates _____.

- a) Inferiorly.
- b) Superiorly.
- c) Anteriorly.
- d) Posteriorly
- e) None of the above.

17) The most common upper extremity injury in snow boarders is:

- a) Shoulder injury.
- b) Fat lip.
- c) Herniated disc.
- d) Distal radius injury
- e) Proximal ulna injury.

18) The most common upper extremity injury in skiers is:

- a) Sprain of the thumb ulnar collateral ligament
- b) Anterior dislocation of elbow.
- c) Posterior dislocation of the knee.
- d) Strain of the anterior cruciate ligament.
- e) None of the above.

19) True or False – Almost all dislocations of the hip are posterior.

20) The acromioclavicular (A/C) joint is where the bony projections of the _____ and _____ meet.

- a) Clavicle.
- b) Fibula.
- c) Scapula.
- d) Radius.
- e) None of the above.