



## **PHTLS 10E Test - English**



- 1) An anxious 54 year old female complains of chest pain. She hit the steering wheel after a car crash at highway speeds. Her sternum is red and tender. Vital signs are BP 100/68, P 112, R 28 clear, SpO2 92%. What should you suspect?
  - A) Pneumothorax
  - B) Transected aorta
  - C) Cardiac rupture
  - D) Cardiac contusion
  
- 2) A 44 year old male was ejected from a truck traveling 36 mph (60 kph). He is lying supine on the ground and has snoring respirations. What should you do first?
  - A) Perform a head tilt chin-lift.
  - B) Perform endotracheal intubation.
  - C) Manually stabilize the cervical spine.
  - D) Check his blood glucose level.
  
- 3) Where is the preferred landmark for needle decompression?
  - A) Anterior axillary line, 3rd intercostal space
  - B) Midclavicular line, 2nd intercostal space
  - C) Anterior axillary line, 5th intercostal space
  - D) Midclavicular line, 4th intercostal space
  
- 4) A 20 year old male was hit in the chest with a baseball bat. He complains of severe pain and tenderness on the left side. He is unable to take a deep breath. Vital signs are BP 112/76, P 98, R 20, SpO2 98%, and ETCO2 38 mmHg. What should you do?
  - A) Administer 100 mcg Fentanyl.
  - B) Administer oxygen via nonrebreather mask.
  - C) Apply continuous positive airway pressure.
  - D) Administer 100 mg Ketamine.
  
- 5) A 46 year old male is trapped in his vehicle after a high speed front-end collision. He is slow to respond to questions. You note blood pooling on his seat. Vital signs are P 130, R 8. How should you remove this patient from the vehicle?
  - A) Immobilize using a vest-type device.
  - B) Ask the patient to climb out the vehicle window.
  - C) Rapidly extricate the patient.
  - D) Extricate the patient onto a long backboard.



- 6) Upon examining a 43 year old male, you note unequal breath sounds. What is a sign or symptom of a simple pneumothorax?
- A) Generalized chest pain due to increased intrathoracic pressure
  - B) Shortness of breath, decreased lung sounds on affected side
  - C) Absent lung sounds on one side, jugular venous distension, and hypotension
  - D) Shortness of breath with low pulse oximeter reading and jugular venous distension
- 7) A 14 year old male suffered from helmet-to-helmet contact during a football game followed by a 30 second period of unconsciousness. Initial exam shows that he is awake but slow to respond. He is nauseated and has a headache. He becomes unresponsive during transport. Examination of the pupils reveals a left pupil that is dilated and non-reactive. What type of hemorrhage should you suspect?
- A) Epidural
  - B) Subarachnoid
  - C) Intraparenchymal
  - D) Subdural
- 8) A 28 year old female has suffered a head injury after falling from a horse. Her Glasgow Coma Scale score is 6 (E1, V1, M4) and she has snoring respirations at 8 per minute. Which should you do first?
- A) Place an oropharyngeal airway.
  - B) Perform drug-assisted intubation.
  - C) Administer oxygen by nasal cannula.
  - D) Perform a head tilt chin-lift maneuver.
- 9) An adult patient was involved in a motorcycle accident. Why should you remove his or her helmet?
- A) To manage the airway
  - B) To assess the pupils
  - C) To allow helmet inspection by law enforcement
  - D) To provide spinal motion restriction
- 10) A 24 year old construction worker amputated his thumb. How should you manage the amputation?
- A) Wrap in moistened gauze.
  - B) Submerge in milk.
  - C) Wrap in dry gauze.
  - D) Place directly on ice.



- 11) A 26 year old male is supine on the ground. He was assaulted and has obvious head and facial trauma. He has snoring respirations at a rate of 8 per minute. What should you do?
- A) Suction the airway.
  - B) Perform a modified jaw thrust.
  - C) Perform a head tilt chin-lift.
  - D) Assist ventilations via bag-valve mask.
- 12) An adult patient has an open angulated injury to the left lower leg. Distal pulses are absent. Why should you attempt to realign the extremity?
- A) Manage the patient's pain.
  - B) Reduce the open fracture.
  - C) Restore function to the leg.
  - D) Restore blood flow.
- 13) A 10 year old male fell from his bicycle and sustained abrasions to his left leg and left arm. He is alert and oriented. What should you do first?
- A) Complete a primary and secondary assessment.
  - B) Secure the patient to a long backboard.
  - C) Initiate IV access and administer a 250 mL fluid bolus.
  - D) Apply tourniquets to his left arm and left leg.
- 14) An 80 year old female fell down a flight of stairs 3 days ago. Today the family reports she has a headache and is "going in and out of consciousness." Vital signs are BP 170/72, R 26 and irregular, P 62, BGL 150 mg/dL (8.3 mmol/L). What should you suspect?
- A) Subdural hematoma
  - B) Epidural hematoma
  - C) Concussion
  - D) Subarachnoid bleed



- 15) A 23 year old male was skateboarding down a ramp when he flipped over and landed on his head. He is clenching his jaw and you are unable to insert an oral airway. He thrashes his head when you attempt to provide bag-mask ventilations. His oxygen saturation is decreasing, and his ETCO<sub>2</sub> is increasing. What is the best option to secure his airway and provide effective ventilations?
- A) Insert a nasal airway.
  - B) Video laryngoscopy
  - C) Pharmacologically assisted intubation
  - D) Insert a supraglottic airway.
- 16) A 28 year old male was ejected during a car crash. He is unconscious and has no obvious bleeding. Vital signs are BP 70/40, P 120, R 22. What type of shock should you suspect?
- A) Neurogenic
  - B) Anaphylactic
  - C) Cardiogenic
  - D) Hemorrhagic
- 17) A 78 year old female fell 12 hours ago. Now she complains of 10/10 hip and groin pain during movement. Vital signs are BP 98/50, P 132, R 26. What should you administer?
- A) Ketamine
  - B) Versed
  - C) NSAID
  - D) Normal saline
- 18) A 29 year old male falls 17 feet (5 m) to the ground from a tree. He complains of pain with movement and pain on the right side of his chest when he breathes. You note accessory muscle use, focal tenderness, bony crepitus, and absent breath sounds on his right side. What should you suspect?
- A) Open pneumothorax
  - B) Simple pneumothorax
  - C) Tear of the aortic arch
  - D) Flail chest
- 19) Which is an early finding in compartment syndrome?
- A) Paralysis
  - B) Pallor
  - C) Pulselessness
  - D) Pain



- 20) A 22 year old male was involved in a car crash and hit a tree head-on. The patient is on the ground outside the vehicle and is unconscious. His forearm is avulsed and you note a large pool of blood with active bleeding. His breathing is deep and labored. What should you do?
- A) Apply a tourniquet.
  - B) Listen to breath sounds.
  - C) Perform a primary survey.
  - D) Open the patient's airway.
- 21) What type of burn should be treated as a life or limb threatening injury due to constriction of the injured tissues?
- A) Circumferential
  - B) Subdermal
  - C) Full thickness
  - D) Partial thickness
- 22) Which type of skull fracture will cause leakage of cerebrospinal fluid from the ears or nose?
- A) Basilar
  - B) Linear
  - C) Depressed
  - D) Diastatic
- 23) A 36 weeks pregnant female has sustained an injury that requires spinal motion restriction. What intervention should be implemented to prevent hypotension during transport?
- A) Elevate the head of the backboard 30 degrees.
  - B) Manually displace the uterus to the right.
  - C) Elevate the right side of the backboard 4-6 inches.
  - D) Elevate the left leg to displace the uterus.
- 24) What is a priority treatment for an internal hemorrhage due to pelvic fracture?
- A) Traction splint application
  - B) Tourniquet application
  - C) Binder application
  - D) Endotracheal intubation



- 25) A 25 year old female has a gunshot wound to the abdomen. Vital signs are BP 80/40, P 122, R 18 with clear, equal lung sounds. What is the most appropriate IV fluid to administer?
- A) Warmed lactated Ringer's
  - B) Hypertonic crystalloid solution (7.5% NaCl)
  - C) Normal saline (0.9% NaCl)
  - D) Lactated Ringer's
- 26) Which of the following physiological changes associated with aging may contribute to an increased incidence of falls among the elderly?
- A) Declining visual acuity
  - B) Decreased body fat
  - C) Increased brain mass
  - D) Decreased gastric secretions
- 27) An 82 year old male fell in the shower 3 days ago and now only responds to painful stimuli. The nurse's aide at the assisted living facility was unable to wake the patient for breakfast. Vital signs are BP 170/72, R 26 and irregular, P 58, BGL 150 mg/dL (8.2 mmol/L), Glasgow Coma Scale score of 5 (E1, V1, M3). What should you do?
- A) Check if the patient has advanced directives or a MOLST form.
  - B) Start transcutaneous pacing.
  - C) Initiate an IV and administer labetalol.
  - D) Administer mannitol via intravenous infusion.
- 28) A 16 year old male complains of chest pain and difficulty taking a deep breath. He was assaulted with a metal pipe. He has unilateral chest rise and crepitus over the injured area. What should you do?
- A) Obtain IV access.
  - B) Perform a needle decompression.
  - C) Place the patient in full spinal precautions.
  - D) Apply high-flow oxygen.



- 29) A 44 year old male was involved in a motorcycle crash. He sustained severe blunt trauma to his chest and has a deformity of the right femur. Multiple IV attempts were unsuccessful. Vital signs are BP 70/40, P 126, R 28. What should you do?
- A) Establish intraosseous access.
  - B) Apply a pulse oximeter.
  - C) Place patient in reverse Trendelenburg.
  - D) Apply a traction splint.
- 30) A 13 year old male was a restrained passenger in a car crash at highway speed. He is alert and oriented on-scene and walking around. What should you do?
- A) Consider spinal motion restriction and assess his c-spine.
  - B) Immobilize him to a padded splint.
  - C) Apply c-collar and secure him to a cot.
  - D) Apply c-collar and secure him to a long backboard.
- 31) A 29 year old male was injured in a high speed motor vehicle collision with lateral impact and intrusion into the side of a sedan. He has pale and diaphoretic skin, appears anxious, and is coughing up blood-tinged sputum. He complains of chest pain, has decreased breath sounds on the left lateral side, has crepitus on palpation of his ribs, and his jugular veins are flat. Vital signs are BP 88/56, P 120, R 24, SpO2 92%. What should you suspect?
- A) Tension pneumothorax
  - B) Traumatic asphyxia
  - C) Hemothorax
  - D) Cardiac tamponade
- 32) A 42 year old female has been pulled from a smoke-filled apartment. Her mouth and nose are covered in soot. She has a weak, hoarse cry with inspiratory stridor. What should you do?
- A) Attempt a surgical cricothyrotomy.
  - B) Prepare for a difficult intubation.
  - C) Administer albuterol via nebulizer.
  - D) Prepare for hypotensive shock.





- 33) A 26 year old female was the unrestrained driver of a head on collision. Her Glasgow Coma Scale score is 4 (E1, V1, M2). Vital signs are BP 156/78, P 66, R 12 and irregular, and her pupils are unequal. What should you do?
- A) Maintain a blood pressure at 140/90.
  - B) Assist ventilations at a rate of 20 breaths per minute.
  - C) Establish IV and administer 2 L normal saline.
  - D) Place in Trendelenburg position.
- 34) Which of the following is true when log rolling a patient?
- A) The patient should assist you in rolling to his or her side.
  - B) Only two providers are recommended.
  - C) The provider maintaining spinal motion restriction is in charge.
  - D) The provider controlling the patient's hips is in charge.
- 35) An adult patient has partial thickness burns to his or her anterior chest and abdomen, the entire right arm, and the palm of the left hand. What percent of the total body surface area is affected?
- A) 25%
  - B) 28%
  - C) 30%
  - D) 29%
- 36) A 33 year old female has a Glasgow Coma Scale score of 3 (E1, V1, M1) after being ejected from a motor vehicle. How should you prepare to intubate?
- A) Keep the patient in the c-collar and place in the sniffing position.
  - B) Maintain spinal precautions and use a video laryngoscope if available.
  - C) Place patient in the sniffing position and attempt direct visual intubation.
  - D) Hyperflex the patient in the c-collar and attempt direct laryngoscopy.
- 37) A 47 year old female was stabbed with a knife in her right upper quadrant. Her Glasgow Coma Scale score is 9 (E2, V2, M5). Vital signs are BP 78/50, P 130, R 26. What should you do?
- A) Pack the abdominal wound to control bleeding and apply hemostatic dressing.
  - B) Initiate IV access on-scene and administer 500 mL of lactated Ringer's solution.
  - C) Immediately transport to a trauma center and establish IV en route.
  - D) Initiate IV access on-scene and administer 20 mL per kg of normal saline 0.9%.



- 38) A 4 year old female fell down approximately 8 carpeted stairs. Her parents said she initially complained of neck pain and a tingling sensation in all four extremities, but the symptoms have since resolved. What should you do?
- A) Initiate spinal motion restriction and transport.
  - B) Place patient in a position of comfort on a stretcher.
  - C) Allow the parents to transport the patient in their vehicle.
  - D) Advise the parents to call their pediatrician if symptoms return.
- 39) A 55 year old male has burns to both lower extremities from a car crash. He is awake and in severe pain. Assessment reveals dry, white, leathery appearance in both lower extremities. What is the burn classification?
- A) Full thickness
  - B) Superficial
  - C) Partial thickness
  - D) Subdermal
- 40) Which type of shock includes neurogenic and anaphylactic shock?
- A) Distributive
  - B) Obstructive
  - C) Spinal
  - D) Hypovolemic
- 41) A 41 year old male was stabbed in the chest immediately below the sternum. He complains of shortness of breath and has engorged jugular veins. Vital signs are BP 108/84, P 130, R 26. What should you suspect?
- A) Cardiac tamponade
  - B) Flail chest
  - C) Tension pneumothorax
  - D) Tracheal laceration



- 42) A 3 year old female was involved in a car crash with 2 feet (61 cm) of intrusion into the passenger compartment. She is crying and has an obvious deformed right humerus. Her car seat has a crack on the side of impact. What should you suspect?
- A) Significant energy has been distributed to this patient.
  - B) The biggest concern would be growth plate injury.
  - C) Utilization of traction splint will be necessary.
  - D) Treatment will require rapid management of pain prior to assessment.
- 43) A 28 year old male fell from his motorcycle during a low-speed accident. He removed his own helmet after the accident. He has an open left femur fracture with severe external bleeding from the wound. What should you do?
- A) Perform a head tilt chin-lift.
  - B) Immediately apply a traction splint.
  - C) Apply direct pressure to the wound.
  - D) Assess the airway by auscultation.
- 44) A 50 year old male fell from a 6th story balcony. Intubation attempts have been unsuccessful. His Glasgow Coma Scale score is 6 (E1, V1, M4). You note agonal respirations. What should you do first?
- A) Provide oxygen via nonrebreather mask.
  - B) Insert a supraglottic airway device.
  - C) Perform a surgical cricothyrotomy.
  - D) Continue endotracheal intubation attempts.
- 45) A 13 year old male was riding on an all-terrain vehicle when he drove into a wire fence. He is sitting on the ground with a towel over his lower face. He has an open jaw fracture. What is your primary concern?
- A) Internal hemorrhage
  - B) Obtaining parental consent
  - C) Obstruction of the airway
  - D) Cervical spine injury
- 46) A 27 year old female has multisystem trauma. Which life threat is your first priority?
- A) Perceived tension pneumothorax
  - B) Penetrating injury to the chest
  - C) Significant external hemorrhage
  - D) Penetrating injury to the abdomen



- 47) Which of the following presents the greatest risk for EMS provider fatalities?
- A) Active shooter incidents
  - B) Freshwater drowning
  - C) Falling from height on-scene
  - D) Motor vehicle collision either in an EMS unit or on-scene
- 48) A 78 year old female was involved in a minor car crash. She is shivering and exhibits repetitive questioning. She is a type II diabetic and takes a daily anticoagulant. What should your initial treatment be?
- A) Obtain a blood alcohol analysis.
  - B) Move patient to a warm environment.
  - C) Administer hot packs to the axilla.
  - D) Establish intravenous access and administer dextrose.
- 49) An 8 year old female is being treated in the red treatment area after a housing complex fire. Vital signs are P 140, R 12 with noted stridor. Her eyebrows and hair are burnt. Suddenly, she become apneic. What should you do?
- A) Insert an oropharyngeal airway and assist ventilations.
  - B) Perform needle cricothyrotomy.
  - C) Apply supplemental oxygen via nonrebreather mask.
  - D) Perform surgical cricothyrotomy.
- 50) What is a sign of brain stem herniation?
- A) Pupils equal, round, reactive to light and accommodation
  - B) Hypotension
  - C) Decerebrate posturing
  - D) Tachycardia