

شكراً لتحميلك هذا الملف من موقع المناهج الإماراتية



مراجعة الوحدة السابعة resuscitation Cardiopulmonary

موقع المناهج ⇨ المناهج الإماراتية ⇨ الصف الحادي عشر ⇨ علوم صحية ⇨ الفصل الثاني ⇨ الملف

التواصل الاجتماعي بحسب الصف الحادي عشر

روابط مواد الصف الحادي عشر على تلغرام

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Health sciences – Term 2 (2022 – 2023)

Revision – Unit 7 (cardiopulmonary resuscitation)

Teacher: Arwa Abdelmoneim Elsir

1.	Which vital sign is commonly measured using a digital thermometer?

2.	Ventricular tachycardia is a condition that may cause a cardiac arrest. What is the meaning of ventricular tachycardia?

3.	A casualty is unresponsive and gasping for breath. They do not need CPR.	
	(A)	True
	(B)	False

4.	Match the following causes of cardiac arrest with the correct description.	
	1. Respiratory arrest	a. When the heart is not beating at a normal rhythm
	2. Ventricular fibrillation	b. Breathing stops due to lung failure
	3. Hypothermia	c. Dangerously low body temperature

5.	Should you stop giving compressions to a person who is in cardiac arrest if they begin to gasp for breaths?

6.	When giving breaths during CPR, how will you know if you have given an effective breath?

7.	You have found a 14-year old in cardiac arrest. You have been providing compressions and now are going to use an AED. What type of AED pads should you use?	
	(A)	Baby pads
	(B)	Pediatric pads
	(C)	Adult pads
	(D)	Adolescent pads

8.	Why should a barrier device be used when giving breaths?

9.	If a casualty has an implanted defibrillator or pacemaker, the AED pad must be placed directly on the implanted device to ensure the shock is administered correctly.	
	(A)	True
	(B)	False

10.	Name one difference between a cardiac arrest and a heart attack.

11.	Which vital sign is commonly measured using a digital thermometer?

12.	Match the following to their correct description.	
	1. Heart attack	a. When the heart suddenly stops beating
	2. Heart failure	b. When the flow of oxygenated blood to the heart is reduced or stopped
	3. Cardiac arrest	c. When the heart is unable to pump enough blood around the body

13.	Match the following vital signs to their normal rates for a healthy adult.	
	1. Body temperature	a. 60-80 beats per minute
	2. Pulse rate	b. 12-20 breaths per minute
	3. Respiration rate	c. 36.5°C and 37.2°C
	4. Blood pressure	d. 120/80mm Hg

14.	Which of the following is true when providing rescue breaths to a patient?	
	(A)	Do not take more than 10 seconds while giving breaths
	(B)	You should give the patient 30 rescue breaths in a row
	(C)	Press on the soft part of the chin to block the airway
	(D)	Do not allow the chest to rise fully between breaths

15.	When should you make sure that the scene of an emergency is safe?	
	(A)	After you have called the emergency services
	(B)	Immediately after delivering a shock from an AED
	(C)	Immediately when you find a casualty
	(D)	When the emergency services arrive at the scene

16.	When giving compressions to a baby, how far should you press down on the chest?	
	(A)	3cm
	(B)	4cm
	(C)	5cm
	(D)	None of the above are correct

17.	Why should a barrier device be used when giving breaths?	

18.	Which of the following is an electronic device?	
	(A)	AED
	(B)	CPR
	(C)	Pocket mask
	(D)	Compression

19.	What is the first step to take at the scene of an emergency?	
	(A)	Check for a response
	(B)	Open the airway of the casualty
	(C)	Leave the scene immediately
	(D)	Make sure the scene is safe to enter

20.	What is the sequence of compressions to breaths in adult CPR?	
	(A)	30 compressions followed by 2 breaths
	(B)	2 compressions followed by 30 breaths
	(C)	15 compressions followed by 5 breaths

21.	What is the normal respiration rate for a healthy adult?	

22.	A person with high blood pressure (higher than 140/90mmHg) is known to have-----.	
	(A)	cardiac arrest
	(B)	hypertension
	(C)	heart failure
	(D)	heart attack

23.	When using an AED, you should use adult pads on anyone older than 8 years.	
	(A)	True
	(B)	False

24.	If a baby is unresponsive and not breathing, you need to _____.	
	(A)	wait for the baby to wake up
	(B)	use an AED
	(C)	put the baby in the recovery position
	(D)	provide CPR

25.	Which of the following casualties is responsive?	
	(A)	The person blinks when you tap their shoulder
	(B)	The person moves their arm when you tap their shoulder
	(C)	The person talks when you tap their shoulder
	(D)	All of the above

26.	Which vital sign can be measured by pressing the first and second fingertips on a person's arteries and counting for 60 seconds?	

27.	What must you open in order to give breaths to a patient?	
	(A)	Their eyes
	(B)	Their airway
	(C)	Their shoelaces
	(D)	Their wallet

28.	What is the normal respiration rate for a healthy adult?	
	(A)	12-20 breaths per minute
	(B)	60-100 beats per minute
	(C)	120/80mmHg
	(D)	36.5 - 37.2°C

29.	Which vital sign can be measured by pressing the first and second fingertips on a person's arteries and counting for 60 seconds?	

30.	In CPR, what are two rescuer compressions?	
	(A)	Two people take turns giving compressions to an individual, changing every two minutes
	(B)	Two people give compressions to the same person at the same time
	(C)	Two people give compressions at the same time to different people
	(D)	Using two hands to provide CPR

31.	Enlarged ventricles are a sign of _____.	
	(A)	cardiac arrest
	(B)	heart attack
	(C)	stroke
	(D)	heart failure

32.	What is "hands-only CPR?"	
	(A)	When CPR is given to the hands of a casualty
	(B)	CPR where only compressions are given, without breaths
	(C)	When the hands are used to open the airway of the casualty
	(D)	Attaching the electric pads to the hands of the casualty

33.	Put the chain of survival steps in the correct order, numbering the steps from 1 to 6.	
	<input type="text"/>	Perform high-quality CPR immediately.
	<input type="text"/>	Provide rehabilitation treatment and support during the recovery period.
	<input type="text"/>	Immediately recognize the emergency and call the emergency services.
	<input type="text"/>	Provide advanced life support and post-cardiac care.
	<input type="text"/>	Provide basic and advanced emergency medical services.
	<input type="text"/>	Complete rapid defibrillation as soon as it is available.

34.	Where should you place each of your hands when opening the airway of a casualty?	
	(A)	Both hands on the soft part of the chin
	(B)	Both hands on the solid part of the forehead
	(C)	One hand on the forehead and the fingers of the other hand on the soft part of the chin
	(D)	One hand on the forehead and the fingers of the other hand on the solid part of the chin

35.	Describe how to check for a response in an adult casualty.	

36.	CPR is made up of two parts, what are they?	
	(i)	_____
	(ii)	_____

37.	What is the name given to the plastic item that fits over a casualty's nose and mouth and allows the rescuer to provide breaths while protecting them from blood or disease?	
	(A)	Pocket mask
	(B)	Hands only CPR
	(C)	AED
	(D)	Hazard mask

38.	What is the normal pulse rate for a healthy adult?	
	(A)	12-20 breaths per minute
	(B)	60-100 beats per minute
	(C)	120/80mmHg
	(D)	36.5 - 37.2°C

39.	Which of the following statements is true about heart failure?	
	(A)	Heart failure is caused by an electrical problem
	(B)	Heart failure happens when blood flow is stopped because of a build-up of plaque in the arteries
	(C)	Heart failure is the most common cause of cardiac arrest
	(D)	Heart failure happens when the muscles of the heart weaken and ventricles become too weak to pump blood around the body

40.	In CPR, what are two rescuer compressions?	
	(A)	Two people take turns giving compressions to an individual, changing every two minutes
	(B)	Two people give compressions to the same person at the same time
	(C)	Two people give compressions at the same time to different people
	(D)	Using two hands to provide CPR

41.	Name one of the vital signs.	

42.	In which of the following cases is CPR not needed?	
	(A)	The casualty is unresponsive and breathing normally
	(B)	The casualty is unresponsive and gasping for air
	(C)	The casualty is unresponsive and not breathing normally
	(D)	All of the above

43.	It is safe to use an AED on babies younger than one year old.	
	(A)	True
	(B)	False

44.	When providing compressions to an adult during CPR, push directly down on the centre of their chest at least_____.	
	(A)	10cm
	(B)	2cm
	(C)	5cm
	(D)	15cm

45.	Where should you place each of your hands when opening the airway of a casualty?	
	(A)	Both hands on the soft part of the chin
	(B)	Both hands on the solid part of the forehead
	(C)	One hand on the forehead and the fingers of the other hand on the soft part of the chin
	(D)	One hand on the forehead and the fingers of the other hand on the solid part of the chin

46.	CPR is made up of two parts, what are they?	

47.	How do you check for response in a baby?	
	(A)	Shake the baby
	(B)	Call the baby's name
	(C)	Tap the baby's shoulder
	(D)	Tap the baby's foot

48.	Taking the patients vital signs is a part of the patients:	
	(A)	History
	(B)	Physical examination
	(C)	Treatment
	(D)	Personal information

49.	Which of the following is incorrect about health assessment:	
	(A)	Should be carried out by a healthcare professional.
	(B)	the results will tell you about the health status of that person.
	(C)	The results are the same for all people.
	(D)	It is not limited to a certain number of tests or checks.

50.	Which of the following is correct about vital signs:	
	(A)	They can only be done at the hospital.
	(B)	They do not require a lot of equipment
	(C)	They take a lot of time to be completed.
	(D)	Can't show if a person is getting better or worst over time.

51.	One of the following vital signs is measured by a thermometer	
	(A)	Pulse
	(B)	Blood pressure
	(C)	Body temperature
	(D)	Respiration.

52.	Beats felt by pressing on the arteries that are located close to the surface of the skin.	
	(A)	Pulse
	(B)	Blood pressure
	(C)	Body temperature
	(D)	Respiration.

53.	Can be taken from mouth, ear canals, on the skin, or under the arm.	
	(A)	Pulse
	(B)	Blood pressure
	(C)	Body temperature
	(D)	Respiration.

54.	Can be taken from the wrist, the side of the neck and on the inside of the elbow.	
	(A)	Pulse
	(B)	Blood pressure
	(C)	Body temperature
	(D)	Respiration.

55.	A normal pulse rate for a healthy adult at rest is	
	(A)	12-20 bpm
	(B)	40-60 bpm
	(C)	60-100 bpm
	(D)	100-120 bpm

56.	For a healthy adult, the normal respiration rate at rest is	
	(A)	12-20 bpm
	(B)	40-60 bpm
	(C)	60-100 bpm
	(D)	100-120 bpm

57.	A vital sign reading that is recorded by two numbers	
	(A)	Pulse
	(B)	Blood pressure
	(C)	Body temperature
	(D)	Respiration.

58.	The diastolic blood pressure reflects:	
	(A)	The pressure inside the artery when the heart contracts and is filling with blood
	(B)	The pressure inside the artery when the heart is at rest and filling with blood
	(C)	The pressure inside the artery when the heart is at rest and is pumping blood
	(D)	The pressure inside the artery when the heart contracts and pumps blood.

59.	A person with a blood pressure reading of 150/95 is known to have	
	(A)	Low blood pressure (hypotension)
	(B)	Regular blood pressure
	(C)	High blood pressure (hypertension)
	(D)	Regular heartbeat.

60.	The body system that is made up of the heart and blood vessels.	
	(A)	The nervous system
	(B)	The immune system
	(C)	The cardiovascular system
	(D)	The respiratory system

61.	The left side of the heart:	
	(A)	Receives oxygen-poor blood from the rest of the body
	(B)	Receives oxygen-rich blood from the lungs
	(C)	Pumps oxygen-poor blood to the lungs
	(D)	Pumps oxygen-rich blood to the lungs

62.	----- happens when the heart muscles weaken, which causes the ventricles to enlarge (become bigger).	
	(A)	Cardiac arrest
	(B)	Heart attack
	(C)	Heart failure
	(D)	Stroke.

63.	-----Is when the heart suddenly stops beating due to problems with the electrical systems in the heart.	
	(A)	Cardiac arrest
	(B)	Heart attack
	(C)	Heart failure
	(D)	Stroke.

64.	A person with cardiac arrest	
	(A)	Is unresponsive
	(B)	Has no pulse
	(C)	Doesn't breathe
	(D)	All of the above.

65.	The most common cause of cardiac arrest in adults is:	
	(A)	Heart attack
	(B)	Choking
	(C)	Drowning
	(D)	Hypothermia

66.	----- occurs when the blood flow that brings oxygen to the heart is severely reduced or stopped.	
	(A)	Cardiac arrest
	(B)	Heart attack
	(C)	Heart failure
	(D)	Stroke.

67.	One of the following is not a symptom of heart attack.	
	(A)	Chest pain
	(B)	Dizziness
	(C)	Drooping face
	(D)	Shortness of breath

68.	This happens because coronary arteries become thicker and harder from a build-up of fat, cholesterol and other substances, called plaque. This slow process is known as	
	(A)	Cardiac arrest
	(B)	hypertension
	(C)	atherosclerosis
	(D)	choking

69.	One of the following is correct about cardiac arrest and heart attack	
	(A)	Cardiac arrest is a problem in the electrical system of the heart and heart attack is a problem with circulation
	(B)	Heart attack is a problem in the electrical system of the heart and cardiac arrest is a problem with circulation
	(C)	Both are problems in the electrical system of the heart.
	(D)	In both cases, patients are unresponsive and not breathing.

70.	CPR stands for:	
	(A)	Circulatory pulse rate
	(B)	Cardiac pressure rate
	(C)	Circular pulmonary resuscitation
	(D)	Cardiopulmonary resuscitation.

71.	One of the following is incorrect about CPR	
	(A)	CPR is a lifesaving technique
	(B)	used on someone who is in cardiac arrest.
	(C)	You don't need qualification for it.
	(D)	Effective CPR can reverse cardiac arrest.

72.	The chain of survival that shows the actions taken to treat adults with cardiac arrest start with	
	(A)	Activation of emergency response
	(B)	Performing high quality CPR
	(C)	Rapid defibrillation
	(D)	Rehabilitation treatment.

73.	The first step to follow before providing CPR is:	
	(A)	Call for help
	(B)	Check for breathing
	(C)	Make sure the scene is safe
	(D)	Open airways

74.	If a person does not move, speak, blink or otherwise react when you tap them, he/she is:	
	(A)	Responsive
	(B)	Unresponsive
	(C)	Not breathing
	(D)	Having cardiac arrest

75.	The correct (compression: breathing) rate in each CPR cycle is	
	(A)	10:2
	(B)	30:1
	(C)	30:2
	(D)	60:2

76.	Before giving rescue breaths you should	
	(A)	Give 60 compressions
	(B)	Use the AED
	(C)	Use head tilt/ chin lift to open airways
	(D)	Put casualty in recovery position

77.	----- will protect you (the rescuer) from blood, vomit, or disease	
	(A)	First aid kit
	(B)	AED
	(C)	Bandages
	(D)	Pocket mask

78.	What AED stand for in CPR	
	(A)	Automated exact defibrillator
	(B)	Automated external defibrillator
	(C)	Animated external defibrillator
	(D)	Automated external damage

79.	Which of the following is incorrect about AED?	
	(A)	portable, electronic device
	(B)	CPR combined with using an AED is the best chance of saving the life of someone who has had a cardiac arrest.
	(C)	You should decide when to give a shock.
	(D)	are completely safe and are very easy to use

80.	Adult AED pads can be used on all of the following except.	
	(A)	50 years old male with cardiac arrest
	(B)	An infant with cardiac arrest.
	(C)	60 years old female with cardiac arrest
	(D)	A 12 years old male with cardiac arrest.

81.	Before pressing the shock button on an AED during CPR you should	
	(A)	Pinch the nose closed
	(B)	Hold the airway open
	(C)	Clear the casualty
	(D)	touch the pads

82.	Most cardiac arrest in infants occur due to:	
	(A)	High blood pressure
	(B)	Hypertension
	(C)	Lack of oxygen
	(D)	Heart attack

83.	You should send for emergency help before you check for responsiveness.	
	(A)	True
	(B)	False

84.	Move the casualty to a dry place if he was lying in water before using the AED	
	(A)	True
	(B)	False

85.	If the casualty is unresponsive and not breathing put them in the recovery position.	
	(A)	True
	(B)	False

86.	Choose four of the answers below.	
	The classic signs of heart attack	
	(A)	Chest pain
	(B)	Shortness of breath
	(C)	Pain in the left leg
	(D)	Palpitation
	(E)	Swelling of the mouth
(F)	dizziness	

87.	Choose three of the answers below.	
	Possible hazards at the scene of emergency	
	(A)	good weather
	(B)	Unstable building
	(C)	Electrical lines are down
	(D)	Poisonous fumes
	(E)	Empty road
(F)	Stable classroom	

88.	Choose four of the answers below.	
	<i>Things to consider when using AED.</i>	
	(A)	<i>wipe the chest dry before attaching the pads</i>
	(B)	<i>Never move the casualty if lying on water.</i>
	(C)	<i>do not put the AED pad directly on the implanted device.</i>
	(D)	<i>Make sure the casualty is totally dry before using AED.</i>
	(E)	<i>Use the AED if the casualty is slightly wet.</i>
(F)	<i>remove any medicine patches, and wipe the area clean before attaching the pads</i>	

89.	Choose four of the answers below.	
	<i>Effective compressions during CPR for adults are:</i>	
	(A)	<i>5 cm deep</i>
	(B)	<i>100-120 per minute</i>
	(C)	<i>Not paused for more than 30 seconds</i>
	(D)	<i>On a firm and flat surface</i>
	(E)	<i>Allowing the chest to fully come back up.</i>
(F)	<i>Done if a patient has pulse.</i>	

90.	<i>Decide if these steps are followed during Adults or Infants CPR</i>		
	(A)	<i>Provide compressions using two hands</i>	
	(B)	<i>Provide compressions using two fingers.</i>	
	(C)	<i>Pinch the nose close when giving rescue breaths</i>	
	(D)	<i>Do not shake, only tap on the foot for response</i>	
	(E)	<i>Perform CPR for 2 minutes before calling for help.</i>	
	(F)	<i>Compress the chest about (5 cm) deep for 100-120 per minute</i>	
	(G)	<i>Puff gently air from your cheeks when giving rescue breaths.</i>	
	(H)	<i>Tap on the shoulders to check for responsiveness.</i>	
	(I)	<i>Call for help before starting CPR</i>	