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# **FIRST AID IN CASE OF ACCIDENTS AND EMERGENCY SITUATIONS:**

PREPARATION QUESTIONS  
FOR A MODULAR ASSESSMENT



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## **Thematic Plan.**

### **Section: First Aid**

1. Fundamental Criteria and Basic Measures for First Aid.
2. Wounds: First Aid. Temporary Control of External Bleeding and Wound Protection. Dressings and Bandages.
3. First Aid for Fractures and Dislocations. Transport Immobilization. Splints, Bandages, Slings.
4. Principles and Methods of Basic Life Support. Artificial Ventilation and Cardiopulmonary Resuscitation (CPR).
5. First Aid for Poisoning and Other Emergency Conditions.

## **Fundamental Criteria and Basic Measures for First Aid**

### **KEY POINTS**

1. First aid: definition.
2. Main principles of first aid.
3. Time to perform first aid.
4. Who can perform first aid?
5. What measures should be performed during first aid?
6. Self-protective precautions for a first aider.
7. First aid kit: basic equipment and different configurations.
8. Arranging for a professional medical help.
9. Skills and knowledge required to provide first aid.
10. Legal aspects of first aid.

### **MULTIPLE CHOICE QUESTIONS**

**Instructions:** Each question is followed by a series of possible answers or choices. Read the question and decide which answer or choice is the best.

1. The optimal time to start first aid is:
  - a) first 30–60 minutes from the time of the injury;
  - b) 2–6 hours from the time of the injury;
  - c) 6–12 hours from the time of the injury;
  - d) 24 hours from the time of the injury.

2. First aid is performed:
  - a) at the scene of an accident;
  - b) in an Ambulance vehicle;
  - c) at a local outpatient clinic;
  - d) at a local hospital.
3. First aid is provided by:
  - a) victims themselves, passers-by or witnesses;
  - b) an Ambulance vehicle staff members;
  - c) a nurse at the outpatient clinic;
  - d) a medical staff at the hospital.
4. When you are providing care for the victim, your first step is:
  - a) to make sure there is no threat to him/her and other assisting persons;
  - b) to place victim in a comfortable position;
  - c) to place victim in the proper position for a further transportation;
  - d) examine him/her for the presence of wounds, fractures and dislocations.
5. If the victim is unconscious, you should:
  - a) place him/her in a stable position on his/her side;
  - b) turn him/her on his/her back, with a head elevated;
  - c) start artificial ventilation;
  - d) start chest compressions.
6. To perform first aid you can use:
  - a) first aid kit and improvised first aid supplies;
  - b) first aid kit only;
  - c) improvised first aid supplies only;
  - d) special medical equipment.
7. You assess a 24-year-old victim of a car accident. Your main goals are all of the following EXCEPT:
  - a) protection of the victim and yourself from the injury;
  - b) identification and management of the life-threatening situations;
  - c) provision of the proper first aid care and preparation of the victim for transportation;
  - d) diagnosis and treatment of victim's injuries.
8. To assess the patient's circulation, you should perform all of the following EXCEPT:
  - a) assess general appearance, skin color and temperature;
  - b) check carotid pulses;
  - c) check radial pulses;
  - d) check to see if the victim is breathing.

9. Normal breathing rate is:

- a) 8–10 bpm;
- b) 10–12 bpm;
- c) 15–18 bpm;
- d) 25–40 bpm.

10. Normal heart rate is:

- a) below 30 bpm;
- b) 30–50 bpm;
- c) 60–70 bpm;
- d) above 80 bpm.

## **Wounds: First Aid. Temporary Control of External Bleeding and Wound Protection**

### **KEY POINTS**

1. Wound: definition.
2. Wound classification.
3. Wound signs and symptoms.
4. Wound complications.
5. General principles of the first aid for a soft tissue injury.
6. Prevention of further contamination of an open wound.
7. First aid for a wound with a foreign body.
8. First aid for a wound involving protruding organs.
9. First aid for an abdominal wounds.
10. First aid for an abdominal wounds involving protruding intestines.
11. First aid for a thoracic wound.
12. Signs and symptoms of penetrating chest trauma.
13. First aid for a penetrating chest trauma.
14. Bleeding: definition.
15. External bleeding: definition.
16. Arterial bleeding: characteristics.
17. Venous bleeding: characteristics.
18. Capillary bleeding: characteristics.
19. General symptoms of blood loss.
20. Hemodynamic signs depending on severity of blood loss.
21. General principles of bleeding control.
22. Emergency bleeding control.
23. Methods of temporary hemostasis.

24. Direct pressure for bleeding control.
25. Indirect pressure for bleeding control.
26. Extremity elevation.
27. Compression bandage.
28. Use of a tourniquet.
29. Maximal flexion of the extremity.
30. Measures to prevent or control hemodynamic shock.
31. Self-protective measures when performing first aid for an open wound.
32. Control of external arterial bleeding.
33. Control of external venous bleeding.
34. Control of external capillary bleeding.

### MULTIPLE CHOICE QUESTIONS

**Instructions:** Each question is followed by a series of possible answers or choices. Read the question and decide which answer or choice is the best.

1. In case of a penetrating chest trauma you should apply:
  - a) a bulky dressing;
  - b) an occlusive dressing;
  - c) a sterile dressing;
  - d) a direct pressure.
2. In case of an open fracture you can control bleeding by all of the following methods EXCEPT:
  - a) indirect pressure;
  - b) direct pressure;
  - c) maximal flexion of extremity;
  - d) tourniquet application.
3. Venous bleeding is characterized by:
  - a) spurting bright red blood, pulsating flow;
  - b) a steady flow of dark red blood;
  - c) spurting dark red blood from the whole surface of the wound;
  - d) a steady flow of red blood.
4. Arterial bleeding is characterized by all of the following features EXCEPT:
  - a) pulsating flow;
  - b) bright red color;
  - c) rapid blood loss;
  - d) steady and slow blood flow.