CPR Practice Quiz Questions and Answers PDF

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What is the primary purpose of CPR?

- ◯ To treat broken bones
- ◯ **To restart the heart and restore breathing ✓**
- ◯ To prevent infections
- ◯ To diagnose medical conditions

> The primary purpose of CPR (Cardiopulmonary Resuscitation) is to restore blood circulation and breathing in a person who has stopped breathing or whose heart has stopped beating. This emergency procedure can help maintain vital blood flow to the brain and other organs until professional medical help arrives.

Which of the following are essential steps to perform CPR effectively?

- ☐ **Check for responsiveness and breathing ✓**
- ☐ **Call emergency services ✓**
- ☐ Begin chest compressions immediately without checking the scene
- ☐ **Deliver rescue breaths at a ratio of 30:2 ✓**

> To perform CPR effectively, it is essential to ensure the scene is safe, call for emergency help, check for responsiveness, and provide high-quality chest compressions and rescue breaths if trained to do so.

Explain the importance of allowing full chest recoil during chest compressions in CPR.

Full chest recoil allows the heart to refill with blood, enhancing blood flow and oxygen delivery to vital organs during CPR.

What is the recommended rate of chest compressions per minute during CPR?

- ◯ 60-80 compressions per minute
- ◯ 80-100 compressions per minute
- ◯ **100-120 compressions per minute ✓**
- ◯ 120-140 compressions per minute

The recommended rate of chest compressions during CPR is between 100 and 120 compressions per minute. This rate helps to maintain adequate blood flow to vital organs during cardiac arrest.

Which of the following statements about AEDs are true?

- ☐ **AEDs can be used on children and adults ✓**
- ☐ AEDs require a medical professional to operate
- ☐ **AEDs provide instructions to the user ✓**
- ☐ AEDs are only used after CPR is completed

Automated External Defibrillators (AEDs) are portable devices that can analyze heart rhythms and deliver an electric shock to restore a normal heartbeat. They are designed for use by laypersons and can significantly increase the chances of survival in cases of sudden cardiac arrest.

Describe the differences in CPR techniques when performing on an adult versus an infant.

When performing CPR on an adult, use two hands for chest compressions at a depth of at least 2 inches, while for an infant, use two fingers for compressions at a depth of about 1.5 inches, ensuring a gentler approach.

What is the correct hand placement for chest compressions on an adult?

- ◯ One hand on the chest, one hand on the forehead

- ◯ Two fingers on the chest
- ◯ **One hand on top of the other, interlocked, on the lower half of the sternum ✓**
- ◯ Both hands on the abdomen

> For adult chest compressions, place the heel of one hand on the center of the chest, between the nipples, and place the other hand on top, interlocking the fingers. Keep your arms straight and use your body weight to compress the chest at a rate of 100 to 120 compressions per minute.

Which of the following precautions should be taken before performing CPR?

- ☐ **Ensure the scene is safe ✓**
- ☐ **Obtain consent if the person is conscious ✓**
- ☐ **Use personal protective equipment if available ✓**
- ☐ Wait for emergency services to arrive before starting CPR

> Before performing CPR, ensure the scene is safe, check for responsiveness, and call for emergency help if needed. Additionally, assess the victim's breathing and pulse to confirm the need for CPR.

Discuss the legal considerations, such as Good Samaritan laws, that protect individuals performing CPR.

> **Good Samaritan laws vary by state but generally provide legal protection to those who perform CPR or other emergency assistance, shielding them from lawsuits as long as they act in good faith and without gross negligence.**

In CPR, what is the ratio of chest compressions to rescue breaths for adults?

- ◯ 15:2
- ◯ 20:2
- ◯ **30:2 ✓**
- ◯ 40:2

> In adult CPR, the recommended ratio of chest compressions to rescue breaths is 30:2. This means that for every 30 compressions, 2 rescue breaths should be administered.

What are the correct steps for using an AED?

- [x] **Turn on the AED and follow the prompts ✓**
- [x] **Place the pads on the bare chest of the victim ✓**
- [ ] Perform CPR while the AED analyzes the heart rhythm
- [x] **Ensure no one is touching the victim during shock delivery ✓**

> Using an AED involves a series of clear steps to ensure effective operation and patient safety. These steps include turning on the device, attaching the pads, allowing the AED to analyze the heart rhythm, and following the prompts for delivering a shock if necessary.

Why is it important to call emergency services before starting CPR, and how does this impact the overall emergency response?

> **It is important to call emergency services before starting CPR because it ensures that professional medical assistance is on the way, which is essential for the patient's survival and overall emergency response.**

What should you do if the person you are performing CPR on starts breathing again?

- ◯ Continue CPR until emergency services arrive
- ◯ **Stop CPR and place them in the recovery position ✓**
- ◯ Leave them alone and wait for help
- ◯ Perform rescue breaths only

> If the person you are performing CPR on starts breathing again, you should place them in the recovery position and monitor their breathing and responsiveness until emergency services arrive.

Which actions are appropriate when performing CPR on a child?

- [x] **Use one hand for chest compressions if the child is small ✓**
- [ ] Use the same compression depth as for adults
- [x] **Deliver rescue breaths more gently than for adults ✓**
- [x] **Call emergency services after 2 minutes of CPR if alone ✓**

> When performing CPR on a child, use one hand for chest compressions, ensure the compressions are about 2 inches deep and at a rate of 100-120 compressions per minute, and provide rescue breaths at a ratio of 30 compressions to 2 breaths.

Analyze the impact of performing CPR immediately after cardiac arrest on the survival rate of the victim.

> **Immediate CPR can double or triple the chances of survival after cardiac arrest.**

What is the first thing you should do when you arrive at the scene of an emergency requiring CPR?

- ○ Start chest compressions immediately
- ○ **Check the scene for safety ✓**
- ○ Call a family member of the victim
- ○ Look for an AED

> The first thing you should do when you arrive at the scene of an emergency requiring CPR is to ensure the scene is safe for both you and the victim. This involves checking for any potential hazards before approaching the victim to provide assistance.

Which of the following are true about rescue breaths in CPR?

- [x] **They should be delivered slowly to avoid over-inflation ✓**
- [x] **They are not necessary if the person is breathing ✓**
- [ ] They should be given at a rate of one breath every 5 seconds
- [x] **The airway should be opened using the head-tilting, chin-lift method ✓**

> Rescue breaths are an essential component of CPR, particularly for children and infants, as they help provide oxygen to the lungs when the person is not breathing. However, in adult CPR, hands-only CPR is

often recommended unless the rescuer is trained and willing to provide rescue breaths.

Evaluate the role of CPR training in improving the outcomes of cardiac arrest situations in communities.

CPR training plays a crucial role in improving outcomes of cardiac arrest situations by increasing the number of bystanders who can provide immediate assistance, thereby enhancing survival rates and recovery chances.

What is the depth of chest compressions recommended for adults during CPR?

- ◯ 1 inch
- ◯ 1.5 inches
- ◯ **2 inches ✓**
- ◯ 2.5 inches

During CPR for adults, it is recommended to perform chest compressions at a depth of at least 2 inches (5 cm) to ensure effective circulation. This depth helps to create adequate blood flow to vital organs during cardiac arrest.

Which of the following are benefits of knowing CPR?

- ☐ **Increased confidence in emergency situations ✓**
- ☐ Ability to diagnose medical conditions
- ☐ **Potential to save lives ✓**
- ☐ Reduced need for emergency services

Knowing CPR can save lives in emergency situations by enabling individuals to provide immediate assistance to someone experiencing cardiac arrest or respiratory failure. It also increases the chances of survival and recovery for the victim until professional help arrives.

Discuss how the integration of AEDs in public spaces has influenced the accessibility and effectiveness of CPR in emergencies.

The presence of Automated External Defibrillators (AEDs) in public spaces has made it easier for bystanders to provide immediate assistance during cardiac arrest situations, increasing survival rates and the overall effectiveness of CPR.

When performing CPR on an infant, what is the correct compression-to-breath ratio?

- ◯ **15:2 ✓**
- ◯ 20:2
- ◯ 30:2
- ◯ 40:2

When performing CPR on an infant, the correct compression-to-breath ratio is 30:2 if there is one rescuer, and 15:2 if there are two rescuers.

What should you do if an AED advises a shock during CPR?

- ☐ **Stop CPR and clear the area ✓**
- ☐ **Ensure no one is touching the victim ✓**
- ☐ **Deliver the shock and immediately resume CPR ✓**
- ☐ Wait for emergency services to arrive before delivering the shock

If an AED advises a shock during CPR, you should ensure that no one is touching the patient and then press the shock button when prompted. After delivering the shock, immediately resume CPR starting with chest compressions.

Reflect on the psychological impact on a person who has performed CPR in a real-life emergency situation.

The psychological impact on a person who has performed CPR can include acute stress, feelings of guilt or helplessness, and potential long-term effects like PTSD.

Which age group requires a modification in the depth of chest compressions during CPR?

- ◯ Adults
- ◯ Teenagers
- ◯ **Children ✓**
- ◯ Elderly

Infants and children require modifications in the depth of chest compressions during CPR, as the recommended depth is shallower compared to adults. For infants, compressions should be about 1.5 inches deep, while for children, about 2 inches deep is recommended.

Which of the following are considered when adjusting CPR techniques for infants?

- ☐ **Use two fingers for chest compressions ✓**
- ☐ **Deliver rescue breaths with less force ✓**
- ☐ Use the same compression depth as adults
- ☐ Perform compressions at a faster rate than for adults

When adjusting CPR techniques for infants, it is important to consider their smaller size, the need for gentler compressions, and the use of two fingers for chest compressions instead of the heel of the hand. Additionally, the compression depth and rate should be appropriate for their age and size.

Analyze the importance of continuous training and refreshers in CPR skills for both medical professionals and laypersons.

Continuous training and refreshers in CPR skills are essential for both medical professionals and laypersons to ensure they remain competent and confident in their ability to respond to cardiac emergencies, as skills can diminish over time without practice.