

# Flex Therapist CEUs

## Basic Life Support for Healthcare Providers

**1. When assessing a victim's breathing pattern and pulse, it is recommended to measure both vital signs for:**

- A. 5-10 seconds
  - B. 5-20 seconds
  - C. 10-15 seconds
  - D. 10-20 seconds
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**2. If you are acting as a single-rescuer in the presence of a victim who is in possible cardiac arrest, which action should be taken first?**

- A. Administer 2 rescue breaths
  - B. Find a bystander to help with compressions
  - C. Activate emergency response system
  - D. Assess victim's breathing
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**3. If a child requires life saving care but the event was unwitnessed, which action should be prioritized for a single-rescuer?**

- A. Assess the child's dorsal pulse
  - B. Begin high quality compressions immediately
  - C. Activate the emergency response system
  - D. Administer 2 rescue breaths
- 

**4. For victims who are breathing normally and have a pulse during a suspected opioid-associated emergency, the rescuer(s) should first:**

- A. Monitor and administer naloxone if available
  - B. Immediately perform high quality CPR beginning with compressions
  - C. Provide 2 rescue breaths
  - D. Find an AED and naloxone before contacting emergency medical services
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**5. When an infant is choking, which choking relief maneuver is NOT recommended to perform to remove the foreign body obstruction?**

- A. Chest thrust
  - B. Back slap
  - C. Abdominal thrust
  - D. Chin tilt
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**6. When two rescuers are present on the scene of an emergency, which best describes the role of the second rescuer?**

- A. Provide quality chest compressions before finding an AED
  - B. Locate the AED and contacting emergency medical services
  - C. Administer 4 rescue breaths per 30 compressions
  - D. Clear the scene until emergency personnel can arrive
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**7. Appropriately sized pads should be used in order to:**

- A. Provide an effective shock dose to restore normal sinus rhythm
  - B. Reduce surface friction against the victim's skin
  - C. Maintain contact between AED device and victim's clothing
  - D. Ensure the rescuer(s)'s safety when using the AED device
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**8. Which heart rhythm would most likely warrant the use of an AED?**

- A. Atrial fibrillation
  - B. Ventricular fibrillation
  - C. Sinus rhythm
  - D. Ventricular tachycardia
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**9. In children, the most common cause of cardiac arrest that requires fibrillation attempts is:**

- A. Drowning
  - B. Heart failure
  - C. Pneumonia
  - D. Respiratory failure
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**10. According to the updates for 2020, how many sequential defibrillation attempts are recommended for children and adults?**

- A. 0
  - B. 1
  - C. 2
  - D. 3
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**11. After a shock has been delivered to an adult or pediatric victim, which action should immediately be performed by the rescuer(s)?**

- A. Provide 2 rescue breaths
  - B. Begin high quality chest compressions
  - C. Give another defibrillation attempt
  - D. Wait until advanced medical personnel arrive on the scene
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**12. A 65-year-old man collapses and is thought to have suffered cardiac arrest. According to the family who witnessed the event, he has a known cardiac history and pacemaker. Which of the following is true of AED use?**

- A. The AED cannot be used during resuscitation efforts in this man.
  - B. The pads should be placed directly over the man's pacemaker.
  - C. You should use a gauze pad over the pacemaker before applying the pads.
  - D. You should place the pads to the side of the pacemaker.
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**13. Where should your hands be placed to administer high quality chest compressions for an infant?**

- A. Both thumbs should be placed on the infant's bottom half of the sternum
  - B. Both thumbs should be placed underneath the infant's sternum
  - C. One thumb should be placed directly in the middle of the infant's sternum
  - D. One thumb should be placed at the bottom of the infant's sternum
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**14. How many rescue breaths are administered in infants or children?**

- A. 1 breath every 2-4 seconds
  - B. 1 breath every 1-2 seconds
  - C. 1 breath every 2-3 seconds
  - D. 1 breath every 3-4 seconds
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**15. Interruptions between chest compressions and rescue breaths should last no more than:**

- A. 3 seconds
  - B. 5 seconds
  - C. 7 seconds
  - D. 10 seconds
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**16. The recommended chest compression rate in adults is:**

- A. 90-120 per minute
  - B. 100-120 per minute
  - C. 110-130 per minute
  - D. 120-140 per minute
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**17. When two rescuers are present at the scene of an emergency, how many compressions and breaths should be administered in children?**

- A. 2 breaths to 30 compressions
- B. 1 breath to 15 compressions
- C. 2 breaths to 15 compressions

D. 1 breath to 30 compressions

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**18. An AED can be safely utilized in all of the following scenarios except:**

- A. A victim who is lying in a puddle of water
  - B. A victim who is lying in the dirt
  - C. A victim with a pacemaker
  - D. A victim with a medication patch on his/her chest
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**19. Children who are not breathing, unresponsive to stimuli, or gasping for air with a palpable pulse may be experiencing:**

- A. Respiratory arrest
  - B. Respiratory distress
  - C. Cardiac failure
  - D. Cardiac distress
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**20. A man is working on a ladder when he suddenly collapses and is unresponsive. What is the next step that should be taken by the rescuer?**

- A. Call emergency response services
  - B. Begin high quality CPR
  - C. Administer rescue breaths
  - D. Assess the victim's breathing pattern
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**21. A 8-month-old child has suffered a choking incident and has become unresponsive despite choking relief efforts. Which technique is most appropriate for a single rescuer to use when administering chest compressions?**

- A. Abdominal thrusts
  - B. 2-finger technique
  - C. 2-thumb encircling hands technique
  - D. Chest thrusts
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**22. An 8-year-old child begins to breathe spontaneously after choking on some food, and her pulse is 45 beats per minute. What is the next step that should be taken by the rescuer(s)?**

- A. Provide rescue breaths
  - B. Monitor breathing rate
  - C. Begin CPR
  - D. Leave the child and find the AED
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**23. In children and adults with suspected cervical injuries, which technique is most appropriate to perform rescue breaths?**

- A. Jaw thrust maneuver
  - B. Head tilt maneuver
  - C. Chin lift maneuver
  - D. E-C clamp maneuver
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**24. When assessing an emergency situation, the first three steps are to:**

- A. Clear the victim, begin CPR, find the AED
  - B. Assess the scene, call for help, check for responsiveness
  - C. Clear the victim, find the AED, begin CPR
  - D. Assess the scene, check for responsiveness, call for help
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**25. In an opioid-associated emergency in a young adult, when should naloxone NOT be prioritized?**

- A. When the victim is breathing spontaneously with a pulse
  - B. When the victim is not breathing spontaneously but has a pulse
  - C. When the victim is gasping for air with a weak pulse
  - D. When the victim is unresponsive
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**26. A 21-year-old woman collapses at a restaurant while eating steak. You quickly assess her and realize that she has a pulse. What is the next step that you should take?**

- A. Begin CPR
  - B. Make sure that the victim's airway is open
  - C. Find the AED
  - D. Contact emergency medical services
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**27. Which statement best reflects the importance of activating the Chain of Survival for adults in a community setting?**

- A. The Chain of Survival depicts the actions that must be taken in order to provide victims of cardiac arrest the best chance for survival.
  - B. The Chain of Survival describes the actions that should be taken for victims who suffer from respiratory arrest.
  - C. The Chain of Survival ensures that victims with cardiac arrest will have the lowest likelihood of requiring post-acute rehabilitation needs following discharge from the hospital.
  - D. The Chain of Survival illustrates the importance of family and social support when optimizing outcomes for victims after respiratory arrest.
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**28. You are providing rescue breaths to a victim and notice that the chest does not fully rise. You retilt the chin and provide a second rescue breath. Again, the chest fails to fully rise. What is the next step that you should take?**

- A. Retilt the chin
  - B. Perform jaw thrust maneuver
  - C. Resume chest compressions
  - D. Use a bag-mask device
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**29. Under which circumstance would it be acceptable to stop providing high quality CPR?**

- A. The victim is unresponsive after 2 rounds of CPR
  - B. You hear the sirens from the emergency response team in the distance
  - C. You have performed 1 minute of compressions and the victim remains unresponsive
  - D. You are alone and physically unable to continue
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**30. Which statement is most accurate when using an AED on an adult?**

- A. Chest hair should be shaved prior to pad placement.
  - B. AED devices may be used for women who are pregnant.
  - C. It is safe to use an AED on a person who has a pacemaker.
  - D. All of the above
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