Flex Therapist CEUs

CPR: A Comprehensive Review of the Concepts Behind the Lifesaving Procedure

Section 1: The Anatomy and Physiology of CPR

1. All of the following organ systems are responsible for maintaining the human body's supply of oxygen, except for:

A. The nervous system
B. The muscular system
C. The respiratory system
D. The cardiovascular system

Section 2: CPR's Indication and Key Actions

2. One of the primary indications for CPR is sudden cardiac arrest.

A. True
B. False

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3. If CPR is correctly administered within approximately _____ after the onset of sudden cardiac arrest, it possesses the potential to prevent organ failure and death.

A. 30 to 60 seconds
B. 1 to 2 minutes
C. 2 to 6 minutes
D. 3 to 10 minutes

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4. Rhythmic, external chest compressions administered at a controlled rate of _____ compressions per 2 rescue breaths can be sufficient to kick start the cardiovascular system enough to pump oxygenated blood throughout the body, in order to deliver oxygen to the cells of the various organs, and may also be sufficient to deliver the required oxygen supply to the brain and nervous system in order to prevent them from shutting down.

A. 40
B. 30
C. 15
D. 10

Section 3: The History of CPR and Recent CPR Guideline Updates

5. The 2015 updates made to the AHA's CPR guidelines placed an emphasis on _____, one of the key actions of CPR and essential to the ability of CPR to prevent death from sudden cardiac arrest.

A. External chest compressions
B. Airway maintenance
C. Rescue breaths
D. All of the above are equally important under the 2015 AHA CPR guidelines

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6. As long as chest compressions are administered to provide a means for circulation, an adult body can maintain its ability to sustain life, with no further increase in the supply of oxygen, for several minutes after the onset of sudden cardiac arrest.

A. True
B. False

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7. Even rescue breaths that are administered incorrectly will have a large positive effect on the outcomes of CPR.

A. True
B. False

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8. The 2015 AHA's CPR guidelines state which of the following as the proper sequence for CPR?

A. A-B-C
B. B-C-A
C. C-B-A
D. C-A-B

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9. Individuals performing CPR should focus on maximizing the amount of chest compressions administered per minute.

A. True
B. False

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10. To increase CPR outcomes, the chest of the individual receiving CPR must be allowed to fully recoil in order to enhance the effectiveness of the ever important chest compression.

A. True
B. False

Section 4: CPR Administration

11. When is the administration of CPR warranted immediately?

A. When the victim is unconscious.
B. When the victim is unable to breathe.
C. When the victim has no pulse.
D. CPR should be administered immediately under all of the above situations.

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12. What location should be used when checking for a pulse on an adult?

A. Carotid artery
B. Radial artery
C. Brachial artery
D. Femoral artery
