

Appendix 1

1. Calling emergency ambulance service requires from the caller:

- A. giving your own personal details
- B. giving precise personal data of an injured person
- C. giving a place of permanent residence of an injured person

2. Calling for specialist medical assistance is necessary in the following cases:

- A. fight of two students, one of whom bleeds from his nose
- B. sudden fainting with loss of consciousness
- C. stomach aches of a chronic nature

3. When you assess consciousness what do you do at first:

- A. I assess consciousness, overall impression, airway patency, breath
- B. overall impression, consciousness, airway patency, breath
- C. I clear the airways, check breath, circulation and consciousness

4. In what kind of position will you put an unconscious man:

- A. safe
- B. supine
- C. quadriplegic

5. How long does assessment of breath of unconscious person last?

- A. about 15 sec
- B. about 5 sec
- C. about 10 sec

6. Can you give unconscious person something to drink?

- A. yes, but only cool drinks
- B. yes, because it may cause return of consciousness
- C. you can't, because an unconscious person may choke

7. When you see an unconscious man what do you do?

- A. I assess safety, call for help
- B. I assess safety, consciousness, call for help, assess breath

C. I assess consciousness, call for help, assess breath

8. We detect no breathing and we:

- A. assess circulation
- B. call for help screaming
- C. take 5 effective breaths

9. With an unconscious victim of the road accident we clear the airways by:

- A. jaw lift
- B. putting your hand under your chin
- C. we don't clear because we can harm it

10. Who should provide first aid to the victim:

- A. every member of society
- B. only people with right qualifications
- C. medical staff, because for made mistakes we will be threatened with criminal responsibility

11. What do we use triangular bandage for?

- A. to immobilize forearm fracture
- B. as decorations
- C. as a cooling pad

12. When we have a broken limb what do we do?

- A. we give orally a strong painkiller
- B. we immobilize the place of fracture and the nearest joints
- C. we bandage the limb to limit swelling

13. If there is a burn we shouldn't:

- A. cool the burnt wound
- B. puncture the bladder
- C. apply a bandage

14. How long do we have to perform resuscitation procedures?

- A. up to a moment of arrival of specialised medical services
- B. when the victim starts breathing properly
- C. all answers are correct

15. When our friend bleeds what should we do:

- A. lay the victim down on his back
- B. lay cold compress on the forehead
- C. bend the head of a bleeding person strongly forward, press nose wings

16. What do we do during arterial hemorrhage:

- A. we bend a limb in elbow joint and wrap it with a bandage
- B. we impose tourniquet
- C. we put on wound sterile gauze

17. What kind of blood loss is the most dangerous for human being?

- A. from artery
- B. from venous vessel
- C. from bleeding soft tissues

18. When we suspect spine injury we should:

- A. put a head in side position
- B. immobilize the head
- C. don't move the victim

19. What is the right resuscitation cycle for an adult?

- A. 20 : 1
- B. 20 : 2
- C. 30 : 2

20. Frequency of compressions on chest during resuscitation:

- A. 80 times within a minute
- B. 150 times within a minute
- C. 100 times within a minute

Summary (result analysis):

15 – 20 very good knowledge about providing first aid, you have knowledge and skills to effectively provide first aid. You have predispositions to work in medical occupations like a nurse, a paramedic or related.

11 – 14 good knowledge about providing first aid. Ahead of you there are real chances to pursue your

career saving people's life and health.

6 – 10 sufficient knowledge from providing first aid. You have basic skills from this field. If you are going to have a job connected with providing first aid, there is a lot of work ahead of you.

0 – 5 poor knowledge from the field of premedical first aid. I propose to broaden knowledge in this field, because every human being is obliged to provide first aid to a victim.

Solution:

1A, 2B, 3B, 4A, 5C, 6C, 7B, 8C, 9A, 10A, 11A, 12B, 13B, 14C, 15C, 16B, 17A, 18C, 19C, 20C