



# **MACHAKOS UNIVERSITY**

**University Examinations for 2018/2019 Academic Year**

**SCHOOL OF HEALTH SCIENCES**

**DEPARTMENT OF PUBLIC AND COMMUNITY HEALTH**

**SECOND SEMESTER END OF YEAR EXAMINATION FOR**

**DIPLOMA IN HEALTH RECORDS**

**DHR 015: FIRST AID**

**DATE: 9/5/2019**

**TIME: 2:00 – 4:00 PM**

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## **INSTRUCTIONS:**

- **This paper consists of two sections A and B**
- **Section A is Compulsory and has two parts (i) and (ii)**
- **Do not write on the question paper**

## **SECTION A: QUESTION ONE: COMPULSORY (30 MARKS)**

### **PART I : MULTIPLE CHOICE QUESTIONS (MCQs) (10 MARKS)**

1. The following are first aider's actions for a casualty with a foreign body in the ear  
EXCEPT;
  - a) Gently flood the ear with tepid water, the insect should float out
  - b) Try to remove the object with your finger as much as possible
  - c) Arrange to take or send the casualty to hospital in case the insect does not float out.
  - d) Do not attempt to remove an object you cannot see lodged in the ear because you may push it further down and damage the eardrum.
2. Which is the most common cause of cardiac arrest in children
  - a) Cardiac problem
  - b) Congenital or acquired heart defect
  - c) Respiratory failure or shock
  - d) Infection and sepsis

3. What is the third link in the adult out of hospital chain of survival?
  - a) Advanced life support
  - b) High quality CPR
  - c) Prevention
  - d) Recovery
4. The team leader asks you to perform bag-mask ventilation during a resuscitation attempt, but you have not perfected that skill. What would be an appropriate action to acknowledge your limitations?
  - a) Pick up the bag device and give it to another team member
  - b) Pretend you did not hear the request and hope the team leader chooses someone else to it
  - c) Tell the team leader that you are not comfortable performing the task
  - d) Try to do it as best as you can and hope another team member will see you struggling and take over

**For question 5 to 10 Use this Scenario:** A 53-year old man suddenly collapses and becomes unresponsive. You witness him collapse and are the first rescuer to arrive at the scene. You find him lying motionless on the floor.

5. Which is the first action you should take in this situation?
  - a) Activate the emergency response system
  - b) Start high quality CPR, beginning with chest compressions
  - c) Start providing rescue breaths
  - d) Verify that the scene is safe for you and the victim
6. The man doesn't respond when you touch his shoulders and shout, Are you OK? What is your best next action?
  - a) Check his pulse
  - b) Start high quality CPR
  - c) Start providing rescue breaths
  - d) Shout for nearby help
7. What is the ratio of chest breaths when providing CPR to an adult?
  - a) 10 compressions to 2 breaths
  - b) 15 compressions to 2 breaths
  - c) 30 compressions to 2 breaths
  - d) 100 compressions to 2 breaths

8. A neonate is;
- a) A child in the first 28 days of life
  - b) A child just after birth
  - c) A child under 1 year of age
  - d) A child between 1 year and puberty
9. If you suspect that an unresponsive victim has head or neck trauma, what is the preferred method of opening the airway?
- a) Head tilt-chin lift
  - b) Jaw thrust
  - c) Head tilt-neck lift
  - d) Avoid opening the airway
10. What is the correct compression- to- ventilation ratio for a single rescuer of a 3year old child?
- a) 15:1
  - b) 15:2
  - c) 20:2
  - d) 30:2

**PART II: SHORT STRUCTURED QUESTIONS (20 MARKS)**

- a) Write the following abbreviations in full as used in First aid (2 marks)
- i) AEDs
  - ii) CPR
- b) Explain three (3) methods of administering ventilations during CPR (3 marks)
- c) Explain the classification of burns with their specific characteristics (3 marks)
- d) Explain the aims of First Aid response in any emergency occurrence (3 marks)
- e) Explain three (3) techniques of opening the airway in victims of cardiac arrest (3 marks)
- f) List three factors to be considered when lifting and moving victims (3 marks)
- g) Explain precautions any First Aider should take to safe guard their well-being (3 marks)

**SECTION B: ANSWER ANY TWO QUESTIONS. EACH QUESTION IS 20 MARKS**

**QUESTION TWO (20 MARKS)**

- a) Describe the general sequence that should be followed by those with a duty to respond to emergencies (10 marks)
- b) Explain the steps you would follow to relieve an infant from choking while highlighting characteristics that would make you suspect it (10 marks)

**QUESTION THREE (20 MARKS)**

- a) Explain the four main parts that make up quality CPR (10 marks)
- b) Discuss the key skills you would look for in the selection of a rescue team apart from their knowledge in First Aid (10 marks)

**QUESTION FOUR (20 MARKS)**

- a) Describe the management procedure for nose bleeding (10 marks)
- b) Describe the procedure one should follow in response to a casualty who sustains burns (10 marks)

**QUESTION FIVE (20 MARKS)**

- a) Explain how a rescuer should go about managing a client with history of swallowed poisons. (10 marks)
- b) Fractures are a common occurrence in every living environment, explain the steps one should follow when responding to them (10 marks)