

68W Combat Medic Specialist Training - Module 3 Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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SAMPLE

Questions

SAMPLE

- 1. What is the appropriate method for controlling bleeding in a first-aid situation?**
 - A. Applying ice to the wound**
 - B. Applying a tourniquet immediately**
 - C. Applying firm pressure directly over the wound**
 - D. Elevating the injured limb above heart level**

- 2. What type of examination involves a thorough look at the body's systems to identify specific injuries?**
 - A. Quick assessment**
 - B. Differential diagnosis**
 - C. Detailed physical exam**
 - D. Initial evaluation**

- 3. When using PPE, which item is most critical for preventing airborne transmission?**
 - A. Gloves**
 - B. Face shield**
 - C. Surgical mask or N95 respirator**
 - D. Cover gown**

- 4. What does it mean to constrict?**
 - A. To get larger**
 - B. To get smaller**
 - C. To become more visible**
 - D. To increase in activity**

- 5. What does the acronym AVPU stand for in assessing a patient's responsiveness?**
 - A. A method for fluid resuscitation**
 - B. A system for classifying blood types**
 - C. A memory aid for assessing mental status**
 - D. A scale for determining pain levels**

- 6. What does the "Golden Hour" refer to in trauma care?**
- A. A 30-minute period following an injury**
 - B. The critical time period for immediate surgery**
 - C. The critical time period where prompt medical treatment is essential**
 - D. A safe time frame for transporting patients to hospital**
- 7. What does the letter A in DCAPBTLS signify?**
- A. Abrasions**
 - B. Allergic reactions**
 - C. Assessment protocols**
 - D. Anxiety levels**
- 8. What should be done immediately for a patient experiencing a seizure?**
- A. Restrain the patient to prevent injury**
 - B. Place an object in their mouth to prevent biting**
 - C. Clear the area to prevent injury and protect the patient's head**
 - D. Leave the patient alone and observe**
- 9. What type of information does the patient's symptom report provide?**
- A. It provides information about the patient's current medication**
 - B. It only indicates past surgeries**
 - C. It reveals their subjective experience of their condition**
 - D. It summarizes treatments received**
- 10. The letter S in DCAPBTLS represents:**
- A. Signs of infection**
 - B. Symptoms experienced by the patient**
 - C. Swelling**
 - D. Survival rates**

Answers

SAMPLE

1. C
2. C
3. C
4. B
5. C
6. C
7. A
8. C
9. C
10. C

SAMPLE

Explanations

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1. What is the appropriate method for controlling bleeding in a first-aid situation?

- A. Applying ice to the wound**
- B. Applying a tourniquet immediately**
- C. Applying firm pressure directly over the wound**
- D. Elevating the injured limb above heart level**

In a first-aid situation, the most effective method for controlling bleeding is to apply firm pressure directly over the wound. This technique helps to compress the blood vessels at the site of the injury, promoting clot formation and minimizing blood loss. By using direct pressure, you can often stop or significantly reduce the bleeding without necessitating other more invasive methods. This approach is a foundational skill taught in first-aid and emergency response training, as it can be applied quickly and effectively in various types of bleeding scenarios. While applying a tourniquet may be necessary in certain severe cases, it should generally be reserved for situations where direct pressure is ineffective or when the injury is life-threatening and on a limb. Using ice can help reduce swelling and numb pain, but it does not directly address the immediate need to control blood loss. Elevating the injured limb can assist with venous return and reduce swelling, but it is not as direct or effective as applying pressure to the wound itself. Therefore, while those other methods can be part of treatment in certain contexts, direct pressure remains the primary and most effective first-aid technique for controlling bleeding.

2. What type of examination involves a thorough look at the body's systems to identify specific injuries?

- A. Quick assessment**
- B. Differential diagnosis**
- C. Detailed physical exam**
- D. Initial evaluation**

The correct choice involves a detailed physical exam, which is a comprehensive assessment that allows a healthcare provider to systematically evaluate different systems of the body. This type of examination is particularly important in identifying specific injuries and understanding the overall health of the patient. It encompasses an extensive range of techniques, including inspecting, palpating, percussing, and auscultating, to gather crucial information about the patient's condition. Unlike a quick assessment, which focuses on rapidly identifying life-threatening conditions and prioritizing care, a detailed physical exam takes the time to explore all potential areas of concern. The differential diagnosis process, while integral in the medical field, specifically refers to the method of distinguishing between two or more conditions that may present with similar symptoms, rather than evaluating bodily systems thoroughly. Similarly, the initial evaluation is typically used to assess the immediate status of a patient, often in emergency situations, but does not provide the depth of information that a detailed physical exam offers. Thus, the detailed physical exam is essential for understanding complex cases and for proper diagnosis and treatment planning.

3. When using PPE, which item is most critical for preventing airborne transmission?

- A. Gloves**
- B. Face shield**
- C. Surgical mask or N95 respirator**
- D. Cover gown**

The most critical item for preventing airborne transmission when using personal protective equipment (PPE) is the surgical mask or N95 respirator. This is due to their ability to filter out small particles, including respiratory droplets and aerosols that may carry infectious agents. N95 respirators, in particular, are designed to provide a tighter fit around the face and filter out at least 95% of particles in the air, including those that are airborne due to procedures that generate droplets. Airborne transmission is a significant concern in healthcare settings, especially with pathogens that can remain suspended in the air for extended periods. While gloves, face shields, and cover gowns play important roles in protecting healthcare providers from contact and droplet transmission, they do not offer the same level of protection against airborne pathogens as a surgical mask or N95 respirator. This makes the latter essential in situations where airborne transmission is a risk, allowing for adequate protection and reducing the likelihood of respiratory infections among healthcare workers and patients.

4. What does it mean to constrict?

- A. To get larger**
- B. To get smaller**
- C. To become more visible**
- D. To increase in activity**

Constrict means to make something smaller or narrower. In a medical context, the term is often used to describe the narrowing of blood vessels or airways, which can occur as a response to various physiological stimuli. When something constricts, it reduces in size, which is an essential concept in understanding how the body responds to different conditions, such as stress or injury. This mechanism can impact blood flow and oxygen delivery, which are critical for a combat medic to understand when assessing a patient's condition or providing care. The other choices do not accurately reflect the definition of constrict; they suggest increased size or visibility rather than a decrease in dimension.

5. What does the acronym AVPU stand for in assessing a patient's responsiveness?

- A. A method for fluid resuscitation**
- B. A system for classifying blood types**
- C. A memory aid for assessing mental status**
- D. A scale for determining pain levels**

The acronym AVPU is a critical tool used in assessing a patient's responsiveness to determine their level of consciousness and mental status. AVPU stands for Alert, Verbal, Pain, and Unresponsive, which are the four categories used to evaluate how a patient reacts to stimuli. When using AVPU, a clinician first checks if the patient is alert and responsive to their surroundings. If the patient is not fully alert, the clinician then evaluates responsiveness to verbal commands. If there is no response to verbal stimuli, the next step involves applying a painful stimulus to see if the patient exhibits any reaction. Finally, if there is no response to any of these stimuli, the patient is classified as unresponsive. This method is essential for medical professionals to quickly assess and prioritize the level of care needed for patients in various states of consciousness, especially in emergency situations. It provides a straightforward system for assessing mental status, making it easier to communicate findings among healthcare providers and facilitate timely interventions. The clarification of the other options shows that they refer to different medical concepts unrelated to assessing responsiveness. For example, one option refers to fluid resuscitation, essential for managing hypovolemic patients, while another relates to blood type classification, which is significant in transfusion medicine. The

6. What does the "Golden Hour" refer to in trauma care?

- A. A 30-minute period following an injury**
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- C. The critical time period where prompt medical treatment is essential**
- D. A safe time frame for transporting patients to hospital**

The "Golden Hour" in trauma care refers to the critical time period after a traumatic injury where prompt medical treatment is essential for the best chance of survival and recovery. This concept highlights that the outcomes for severely injured patients significantly improve when they receive timely and effective medical intervention within this hour. During this time, medical professionals aim to stabilize the patient, control bleeding, and address life-threatening conditions. Understanding the importance of the Golden Hour is crucial for combat medics and first responders, as they often work in challenging conditions where every moment counts. The emphasis on immediate care during this timeframe can mean the difference between life and death, underscoring the need for rapid assessment and intervention by medical personnel. Being well-versed in the implications of the Golden Hour helps in making swift and informed decisions in trauma scenarios.

7. What does the letter A in DCAPBTLS signify?

- A. Abrasions**
- B. Allergic reactions**
- C. Assessment protocols**
- D. Anxiety levels**

In the acronym DCAPBTLS, which is used in trauma assessments, the letter A specifically stands for "Abrasions." Abrasions refer to injuries where the skin has been scraped or rubbed off, commonly due to friction against a rough surface. Recognizing abrasions is important in a medical assessment because they can indicate the severity of a traumatic injury and may also be at risk for infection. Understanding abrasions in the context of DCAPBTLS helps practitioners systematically evaluate a patient for signs of trauma. Each element of the acronym serves to remind healthcare professionals to check for different types of injuries: - D for Deformities - C for Contusions - A for Abrasions - P for Penetrating injuries - B for Burns - T for Tenderness - L for Lacerations - S for Swelling This structured approach ensures that all potential injuries are assessed, allowing for a comprehensive evaluation and appropriate treatment.

8. What should be done immediately for a patient experiencing a seizure?

- A. Restrain the patient to prevent injury**
- B. Place an object in their mouth to prevent biting**
- C. Clear the area to prevent injury and protect the patient's head**
- D. Leave the patient alone and observe**

When a patient is experiencing a seizure, the primary focus is on ensuring their safety and minimizing the risk of injury. Clearing the area around the patient is crucial because it prevents the patient from coming into contact with any hazardous objects or surfaces that could cause harm during the seizure. Protecting the patient's head is particularly important, as head injuries are common during seizures due to involuntary movements and potential falls. Restraint is not advisable during a seizure since moving or holding the person can lead to further injury. Likewise, placing an object in the patient's mouth is counterproductive; it does not prevent biting and can lead to airway obstruction or dental injuries. Leaving the patient alone fails to provide necessary assistance and could result in serious injuries. Thus, the correct action is to ensure the environment is safe and to protect the patient appropriately during the seizure episode.

9. What type of information does the patient's symptom report provide?

- A. It provides information about the patient's current medication**
- B. It only indicates past surgeries**
- C. It reveals their subjective experience of their condition**
- D. It summarizes treatments received**

The patient's symptom report is crucial in understanding their health condition as it conveys their subjective experience. This report captures how the patient perceives and describes their symptoms, which can include pain levels, feelings of discomfort, and other sensations that are not observable by others. This information is invaluable for healthcare providers as it helps them form a more complete picture of the patient's health status and guides clinical decision-making. While the other options touch on important aspects of a patient's medical history, such as medication, surgeries, or treatments received, they do not primarily reflect the subjective nature of a patient's experience with their symptoms. The symptom report focuses on the individual's personal feelings and perceptions, which can significantly differ from objective findings or factual medical history. This subjective information is key to developing an effective treatment plan and addressing the patient's unique health needs.

10. The letter S in DCAPBTLS represents:

- A. Signs of infection**
- B. Symptoms experienced by the patient**
- C. Swelling**
- D. Survival rates**

The acronym DCAPBTLS is a systematic approach used in trauma assessment to help medical personnel remember what to look for during a physical examination. Each letter stands for a specific criterion to assess a patient's injuries. In this context, the letter S in DCAPBTLS refers to "Swelling." Swelling is a key indicator of injury or inflammation that can signal various underlying conditions, such as fractures, sprains, or contusions. Recognizing swelling helps medics determine the severity of trauma, assess the need for further intervention, and monitor the patient's condition over time. By identifying swelling during the assessment, medics can provide appropriate treatment and prioritize care based on the extent of the injuries. Understanding how to assess swelling is crucial as it impacts decisions on stabilization, transport, and management of the patient's injuries.