

2015 Written Exam Review

This review is designed to get you into your manual and reviewing some important facts that you will need for this year's written exam. Some of the exam questions pick up on the topics covered in this year's skill tests and diagnostic exams. This reinforces these key concepts, even if the patroller does not get tested on that specific diagnostic.

First Aid

Introduction to First Aid

- What makes a good first aid provider
- First aid provider responsibility
- Legal considerations

Anatomy and Physiology

- Anatomy
- Physiology
- Bones
- Muscles
- Spine and Vertebrae
- Skeleton
- The respiratory system
- Mechanics of breathing
- Signs of normal breathing
- Blood vessels
- Pulse

Infectious Diseases and Universal Precautions

- Personal concerns
- Universal precautions

Patient Assessment

- Primary Assessment
- Signs and Symptoms
- Evaluate the abdomen
- Pulse rate and strength
- Pupil reaction
- Skin condition
- Secondary assessment
- Pain assessment
- Documentation and notes

Oxygen

- Complications of oxygen administration
- Oxygen equipment

Basic Life Support

- Circulation problems
- Methods and principles used in Cardiopulmonary resuscitation (CPR)
- Opening the airway
- Clearing airway obstructions

Automated External Defibrillator (AED)

- How to use the AED
- Special considerations

Chest Injuries

- Overview of chest injuries
- Closed chest injuries
- Open chest injuries

Shock and Severe Bleeding

- Signs and symptoms
- Types of shock
- External bleeding
- Internal bleeding

Head Injuries

- External head injuries
- Signs and symptoms
- Concussion
- Subdural bleeding

Spinal Injuries

- Overview
- Apply a cervical collar
- Log roll
- Tie down
- Straightening a patient
- Standing takedown spinal immobilization

Wounds

Types of wounds
Dental injuries
Bleeding from specific sites

Dressings, Bandages and Slings

Basic principles of bandaging
Triangular bandage for elbow and knee
Pressure bandage
Slings

Fractures, Dislocations and Soft Tissue Injuries

Dislocations
Strains, sprains and tendon injuries
Conclusion

Immobilizing Fractures, Dislocations and Soft Tissue Injuries

Specific treatments
Scapula
Humerus
Finger
Elbow
Femur
Lower Leg

Medical Conditions

Anaphylaxis
Asthma
Diabetes
Epilepsy
Hyperventilation
Stroke

Environmental Injuries

Cold exposure injuries
Hypothermia – Transportation
Frostbite
Heat exposure injuries
Heat stroke
Burns

Poisoning, Drug and Medication Abuse

Drug abuse
Signs and symptoms
Treatments

Miscellaneous Treatments

Eye Injuries
Solar keratitis
Child birth

Pediatric First Aid

Anatomy and physiology
Assessment of a child
Pediatric BTLS
Normal vital signs

Transporting Patients

Prior to moving a patient
Manually transporting the patient

Persons with Disabilities

Physical disabilities
Autonomic dysreflexia

Glossary

Definitions