Provider Refresher Course BLS Quiz

1. According to the AHA guidelines, symptomatic pediatric bradycardia is considered an ARREST rhythm.
    a. True
    b. False

2. What is the recommended treatment for wide-complex tachycardia in hemodynamically **unstable** children?
    a. Antiarrhythmic drugs
    b. Direct current synchronized cardioversion
    c. Beta-blockers
    d. Calcium channel blockers

3. When managing a pediatric patient experiencing hemorrhage, what is the primary and most crucial initial step?
    a. Hemorrhage control
    b. Defibrillation
    c. Place in a C-collar
    d. Whole blood

4. What is the diagnostic method used to identify a complete heart block in children?
    a. Pulse check
    b. ECG
    c. Pulse oximetry
    d. Electroencephalogram

5. What is the danger of hyperventilation during cardiac arrest?
    a. Hypertension
    b. Reduction of blood flow due to intrathoracic pressure
    c. Vomiting
    d. Hypercarbia

6. What are the main components of high-quality CPR?
    a. Adequate chest compression depth
    b. Optimal chest compression rate
    c. Minimizing interruptions in CPR
    d. All of the above

7. What is the ideal compression rate for CPR in pediatric patients?
    a. 60 beats per minute
    b. 70 beats per minute
    c. 90 beats per minute
    d. 110 beats per minute

8. What structures in the throat can swell from smoke inhalation?
    a. Vocal cords
    b. Arytenoid cartilages
    c. Epiglottis
    d. Tonsils

9. Why is early airway management important in smoke inhalation cases?
    a. To prevent arytenoid cartilage swelling
    b. To clear the soot from the oropharynx
    c. To prevent vocal cord damage
    d. So that a nasogastric tube can be placed easily

10. What is a BLS item you can place in a seizing child to help with ventilation?
    a. OPA
    b. Nasal cannula
    c. Nonrebreather
    d. ET tube

11. What technique can help open an infant's airway?
    a. A shoulder roll
    b. A pillow under the head
    c. C-collar
    d. NPA

12. An 18-month-old was found vomiting after drinking a clear liquid in the garage. His initial vitals are as follows: HR: 130, BP: 90/50, SaO2: 93% on RA, RR: 50. What is the next appropriate step?
    a. Intubate immediately
    b. Administer supplemental O2
    c. Give activated Charcoal
    d. Give an albuterol nebulizer treatment

13. How many kids go into cardiac arrest each year in the United States?
    a. 5,000
    b. 10,000
    c. 15,000
    d. 20,000

14. What is the recommended resuscitation sequence for pediatric cardiac arrest?
    a. ABC (Airway, Breathing, Chest compressions)
    b. CAB (Chest compressions, Airway, Breathing)
    c. BAC (Breathing, Airway, Chest compressions)
    d. ACB (Airway, Chest compressions, Breathing)

15. In 2020, the AHA changed their recommendation for ventilation after placement of an advanced airway to 20-30 breaths per minute. What is the basis of this recommendation?
    a. A randomized controlled trial
    b. Expert opinion
    c. A pig study
    d. An observational study of 47 children in the ICU, 74% of which were not in arrest (they had bradycardia).

16. What is the recommended method for opening the airway in trauma patients during resuscitation?
    a. Jaw-thrust maneuver
    b. Head tilt-chin lift maneuver
    c. Modified Sellick maneuver
    d. Modified Heimlich maneuver

17. What is the main reason pediatric patients go into cardiac arrest?
    a. Toxins
    b. Respiratory etiology
    c. Drowning
    d. Abuse

18. What would be the most appropriate course of action to take for a 6-year-old diabetic child who has a blood sugar of 50 and is awake but appearing tired?
    a. Place an Epi-pen Jr. to the lateral thigh
    b. Start CPR
    c. Provide oral glucose gel
    d. Call for ALS backup so they can place an IV and provide D10W

19. You arrive at an emergency situation and find a four-month-old patient experiencing cardiac arrest. Unfortunately, you only have an Automated External Defibrillator (AED) equipped with adult pads. What is the most appropriate next course of action?
    a. Refrain from using the AED due to the age of the patient.
    b. Immediately call for ALS backup so they can bring the necessary ALS monitor.
    c. Use the AED with adult pads and settings due to the urgency of the situation.
    d. Assume that ventricular fibrillation (VF) is not a possibility in a 4-month-old, hence an AED is unnecessary.

20. Upon arriving at the scene, you encounter a three-year-old child with a fever who is actively having a seizure and exhibiting ineffective respiratory effort. What is the most appropriate immediate action to take?
    a. Request Advanced Life Support (ALS) backup
    b. Open the child's airway, administer oxygen, consider the use of an oropharyngeal airway (OPA) and a Bag-Valve-Mask (BVM) resuscitator
    c. Check the child's blood glucose level
    d. Apply ice packs to the child's body

21. What is the role of end-tidal CO2 monitoring during resuscitation?
    a. It provides feedback on the quality of CPR and may be an early sign of ROSC
    b. It helps determine the need for advanced airway placement
    c. It guides the administration of specific medications during resuscitation
    d. It predicts the likelihood of survival to hospital discharge

22. Which of these may signal ROSC in a patient you are resuscitating?
    a. O2 Sat of 80% during compressions
    b. Palpable femoral pulse
    c. A spike and sustained elevation of ETCO2
    d. Systolic blood pressure of 60 mmHg

23. What is the most common type of pediatric shock?
    a. Cardiogenic shock
    b. Hypovolemic shock
    c. Distributive shock
    d. Obstructive shock

24. You are part of a Basic Life Support (BLS) crew, and your six-year-old patient is exhibiting symptoms of fever and low blood pressure. The closest hospital is 45 minutes away. What is the most suitable immediate action to take under these circumstances?
    a. Proceed to transport the child using code 3 to the nearest suitable hospital.
    b. Administer intramuscular epinephrine to the child.
    c. Request an Advanced Life Support (ALS) unit to provide fluid resuscitation and pressors.
    d. Check the child's blood glucose level.

25. Anaphylactic shock is an example of?
    a. Hypovolemic shock
    b. Distributive shock
    c. Cardiogenic shock
    d. Hemorrhagic shock