



Resuscitation Assessor guide

Assessments and Theory Examination



Assessment 1 – Written questionnaire

You are required to complete all of the questions in assessment 1 during class time. Your trainer assessor will advise you of when to complete each question.

All answers to these questions can be found in the learner resources provided

Student declaration		
I declare that all assessment work I submit in assessment 1 Written questionnaire is of my own work and must abide by all the assessment rules set by my lecturer.		
I also understand that copying directly from another student's work without acknowledgement is plagiarism. I further understand that plagiarised work (or cheating of any kind) will not be accepted and may result in disciplinary action taken against me.		
Student Name:	Student Signature:	Date:

Written questionnaire

You are required to complete all of the questions in assessment 1 during class time. All answers to these questions can be found in the learner guide.

1. List 4 ways you would recognise an emergency?

1. Sight 2. Smell 3. Sound 4. Unusual behaviour
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2. Which ONE of the following would you commence CPR on?

a) An elderly person who is suffering from a suspected heart attack b) A child suffering from an asthma attack c) An unconscious casualty who is not breathing d) A person who is unconscious but breathing
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3. When do you call an ambulance?

a) As soon as you come across the casualty b) After 5 minutes of resuscitation has been carried out c) Will depend on the situation and condition of the casualty d) After checking the airway

4. List four ways to show respectful behaviour towards a casualty

1. Culturally aware
2. Effective communication
3. Be aware of potential age related impairments (eg. Hearing, sight and speech)
4. Sensitivity

5. List 3 people that you can discuss casualties' information with during and after an incident?

a) A 25 year old casualty

1. Another first aider
2. Police
3. Ambulance
4. Fire fighters
5. Doctors
6. Nurses

b) A 14 year old

1. Another first aider
2. Police
3. Ambulance
4. Fire fighters
5. Doctors
6. Nurses
7. Parents

6. List 4 precautions you should take to minimise the risk of infection to yourself and the casualty.

1. Wash hands before and after
2. Use sterile equipment
3. Cover exposed cuts and wounds
4. Face mask or shield, glasses, gloves

7. How often are you required to requalify your resuscitation certificate?

- a) Annually
- b) Twice a year
- c) Every three years
- d) Never

8. Once you receive your resuscitation certificate you can:

- a) Do what you want in a first aid situation, there are no guidelines
- b) Stay within your scope of practice and knowledge & what is reasonable with the given situation
- c) Become a doctor
- d) Perform a Tracheotomy

9. Before administering any first aid to a conscious casualty you must first gain their

- a) Phone number
- b) Address
- c) Name
- d) Consent

10. What is the most common cause of airway obstruction in an unconscious casualty?

- a) Tongue
- b) Food
- c) Vomit
- d) Action figures

11. The priority care for a casualty found **UNCONCIOUS, on their back** and **breathing** is?

- a) Not to move them in case they stop breathing
- b) Carefully roll them into the recovery position tilt head and monitor their ABC
- c) Wait until they wake up and roll them on their side
- d) Leave them on their back and check for other injuries

12. Briefly explain the 3 types of conscious levels below

Conscious

Person respond normally to your questions, makes eye contact, obeys commands
(eg take a deep breath for me)

Semi- conscious

May respond with some sounds, inappropriate answers, may or may not respond to commands

Unconscious

No response from casualty verbally or physically

13. List four situations where you may legally stop cardiopulmonary resuscitation (CPR) once you have started?

- 1. The casualty starts breathing
- 2. It's impossible to continue (physical exhaustion, danger)
- 3. A health care professional arrives and takes over
- 4. A healthcare professional (Registered Nurse, Doctor, Paramedic, Australian defence force medic) directs CPR be ceased

14. Complete the following resuscitation chart

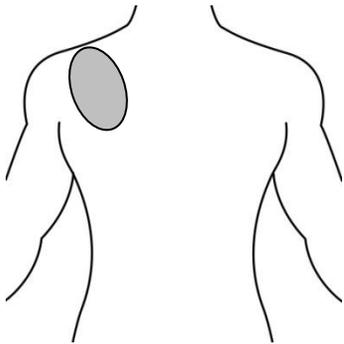
	Adults & Children	Infants
Head Tilt	FULL	NEUTRAL
Hand Placement	CENTRE OF CHEST	
Ratio	30:2	30:2
Compressions per min	100-120	
Compression Depth	1/3 OF CHEST	
Technique	2 HANDS	2 FINGERS
Breaths	Full	Puffs from cheeks

15. Only trained health professionals are allowed to use automated external defibrillators (AED)?

True/False

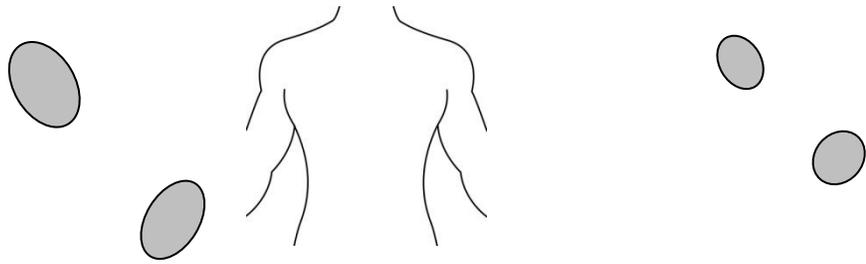
16. On the following pictures draw the pad placement as per the ARC guidelines. Under each picture write the voltage that would apply.

Adult



Voltage of pads: **150 j**

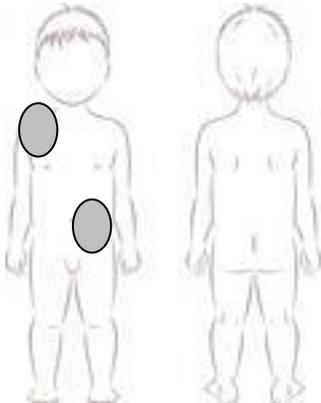
Child 8 years and over



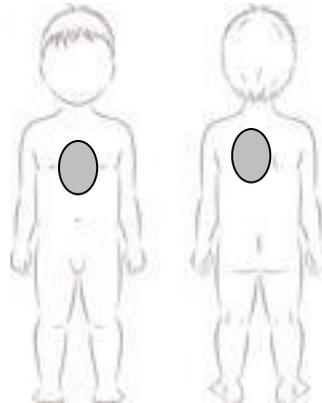
Voltage of pads: **150 j**

12 months -8 years

Regular placement



Placement if pads are likely to touch



Voltage: **50 j**

17. The location point for compressions is

- a) Above the centre of the chest
- b) Directly over the heart
- c) The centre of the chest
- d) Over the xiphoid process

18. During 2 person CPR, to reduce fatigue and to ensure effective compressions, how often (in minutes) should you swap and allow the other person to perform compressions?

- a) Never
- b) 5 minutes
- c) 3 minutes
- d) 2 minutes

19. Can you use an AED on a wet surface, metal surface and pregnant women?

True/False

20. The chain of survival is: (in the correct order)

- a) Danger, response, airway, breathing, compressions, defibrillation
- b) Early call for help, early defibrillation, early CPR, post resuscitation care
- c) Early call for help, early CPR, early defibrillation, post resuscitation care
- d) Early CPR, early defibrillation, early call for help, post resuscitation care

21. Circle the sounds that indicate abnormal breathing

slow, wheezing, gurgling, harsh, shrill, quiet, even, effortless, regular, rapid, absence of breathing, shallow, high pitched

22. Bleeding can be minor (capillaries), moderate (veins), major (arteries) Complete the following table

Type of bleed	Treatment
Capillaries	Wash and cover with a non stick dressing. If there are particles stuff in the skin see a GP for treatment
Veins	Rest the casualty, apply direct pressure with a wound dressing and seek medical assistance

Arteries

Rest the casualty, apply direct pressure with wound dressings as required and call 000

23. The treatment for a casualty with a complete airway blockage is

- a) Encourage coughing for 1-2 minutes
- b) 5 chest thrusts and 5 back blows
- c) Place in the recovery position and monitor
- d) 5 back blows and 5 chest thrusts

24. List three (3) main causes of shock?

- 1. Heart attack
- 2. Loss of blood volume
- 3. Abnormal dilation of blood vessels

25. a. What does the acronym FAST stand for?

Face

Arms

Speech

Time

b. If you use this acronym to assess a casualty, what medical condition might they have?

Stroke

Assessment 2

Activity:	Perform a primary survey on unconscious casualty not breathing
Instructions to learner:	
<p>You are walking along the street when you see a male lying on the ground you approach and complete a primary survey/initial assessment on an unconscious casualty who is not breathing and treat accordingly as per DRSABCD.</p> <p>Your assessor will provide you with details of the scenario as you complete each task.</p> <p>You will use another member of the class for the scenario up to the point of commencing CPR which will be complete on a manikin supplied.</p>	
Instructions to assessor:	
<p>This is an individual assessment. CPR must be complete for 2 minutes</p> <p>Outcomes Assessment is looking for effective DRSABCD on an unconscious casualty who is not breathing and regurgitates during CPR</p> <p>You will inform the first aid responder at the time they are completing each task how the scenario will change.</p> <p>Task 2 - there is no danger</p> <p>Task 3 - no response</p> <p>Task 5 - airway blocked</p> <p>Task 6 - casualty is not breathing</p> <p>Task 8 - casualty is regurgitating</p> <p>Task 9 - casualty not breathing</p> <p>Task 11 - casualty is breathing</p>	
Task/observation	Observation Criteria (Key components/factors to look out for)
1. Use standard precautions	Applies gloves, uses pocket mask where required
2. Perform a hazard and danger assessment of the scene. Look for the cause of the injury.	<p>Assess area for any dangers to self, others and casualty in that order.</p> <p>Brief survey of scene for cause of injury and to check for danger</p> <p>No danger</p>
3. Check for response	Approach from head where able

	<p>Clap and speak loudly can you hear me</p> <p>Squeeze shoulders and talk to casualty- what's your name</p> <p>No response</p>
4. Send for help	<p>Ask bystander to call for help come back and tell e when it's done and find a defibrillator</p>
5. Check airway	<p>Opens mouth (no head tilt)</p> <p>Something in airway</p> <p>Rolls casualty onto side, uses two finger scoop to remove object</p>
6. Check for casualty breathing	<p>Checks for breathing while casualty on side- look, listen and feel for normal breathing for 10 seconds</p> <p>Casualty not breathing</p>
7. Commence CPR	<p>Two hands-using heel of hand on the centre of the chest or lower half of the sternum.</p> <p>Straight arms, locking the elbows so the learner positions their shoulders directly over their hands. Keeping both of their knees on the ground so as to push straight down.</p> <p>Delivering 30 compressions at a rate of 100-120 bpm.</p> <p>1/3 or 5cm in depth and completely releases compression.</p> <p>Tilts head and provides 2 breaths approx 1 second per breath allowing 1st breath time to exit body.</p> <p>Completes approximately 5 cycles of 30:2 in</p>
8. Treat casualty for regurgitation	<p>After 1 minute of CPR casualty regurgitates</p> <p>Casualty is rolled onto side and airway cleared</p>
9. Check for casualty breathing	<p>Checks for breathing while casualty on side- look, listen and feel for normal breathing for 10 seconds</p> <p>Casualty not breathing</p>
10. Commence CPR	<p>Two hands-using heel of hand on the centre of the chest or lower half of the sternum.</p>

	<p>Straight arms, locking the elbows so the learner positions their shoulders directly over their hands. Keeping both of their knees on the ground so as to push straight down.</p> <p>Delivering 30 compressions at a rate of 100-120 bpm.</p> <p>1/3 or 5cm in depth and completely releases compression.</p> <p>Tilts head and provides 2 breaths approx 1 second per breath allowing 1st breath time to exit body.</p> <p>Completes approximately 5 cycles of 30:2 in</p>
<p>11. Manage unconscious breathing casualty</p>	<p>Inform first aid responder that the casualty is breathing</p> <p>Rolled into recovery position</p> <p>Head tilt applied to open airway</p>
<p>12. Shelter from environment, reassure, monitor</p>	<p>Shelter from element/manage body temperature</p> <p>Monitor condition every 1-2 minutes full breathing assessment</p>

Assessment 3

Activity:	Perform two (2) person CPR and application on the AED
Instructions to learner: You are walking along the street when you see two people performing CPR on a male casualty. They ask you to go and find a defibrillator and come back and help them.	
Instructions to assessor: Outcome of assessment is focussed on the application of defibrillator Participants are to rotate until all have been in the position of candidate 3 Person 1 - compressions Person 2 - breathing Person 3 - applies defibrillator	
Task/observation	Observation Criteria (Key components/factors to look out for)
1. Use standard precautions	Applies gloves, uses pocket mask where required
2. Commence two (2) person CPR	<p>Person 1- Two hands-using heel of hand on the centre of the chest or lower half of the sternum.</p> <p>Straight arms, locking the elbows so the learner positions their shoulders directly over their hands. Keeping both of their knees on the ground so as to push straight down.</p> <p>Delivering 30 compressions at a rate of 100-120 bpm. Person 1 should count out loud from 25-30 so person 2 can prepare to give breaths</p> <p>1/3 or 5cm in depth and completely releases compression.</p> <p>Person 2 Tilts head and provides 2 breaths approx 1 second per breath allowing 1st breath time to exit body.</p> <p>Person 1 and 2 continue CPR until the defib states otherwise</p>
3. Attach the defibrillator	<p>Person 3 - positions themselves appropriately near casualty (not on legs)</p> <p>Turns on defibrillator, listens to prompts.</p> <p>Places pads in correct position</p>

	<p>Plugs in pads cord to defibrillator</p> <p>Instructs team to stop CPR when defib is analysing</p> <p>Instructs team to stand clear and looks around casualty to ensure no one is touching</p> <p>Presses shock button when advised by defib</p> <p>Instructs team to commence CPR</p>
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