

Resuscitation

Participant Assessment workbook

Student Name:

Date of course:

Trainer/assessor:



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?

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

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

a) A 25 year old casualty

b) A 14 year old

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

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

Semi- conscious

Unconscious

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

14. Complete the following resuscitation chart

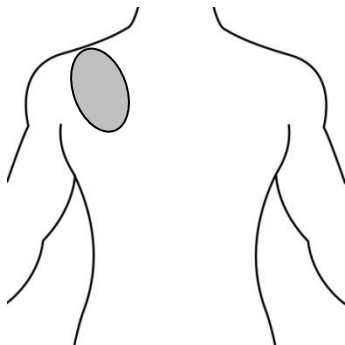
	Adults & Children	Infants
Head Tilt		
Hand Placement		
Ratio		
Compressions per min		
Compression Depth		
Technique		
Breaths		

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

True/False

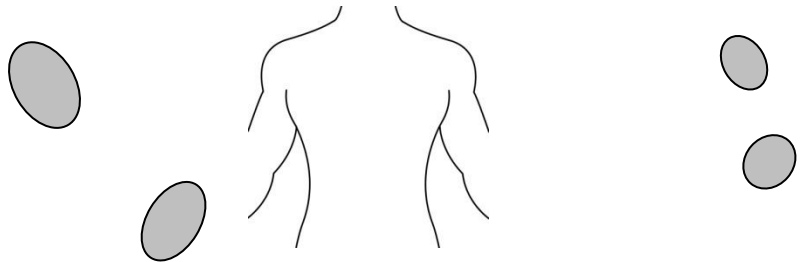
16. On the following pictures draw the pad placement as per the ARC guidelines. Under each picture write the voltage that would apply.

Adult



Voltage of pads:

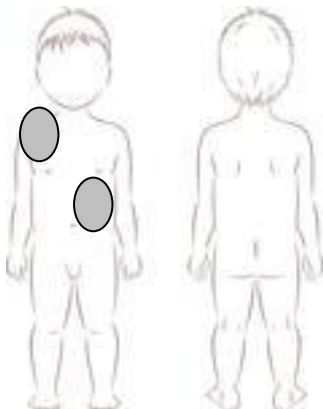
Child 8 years and over



Voltage of pads:

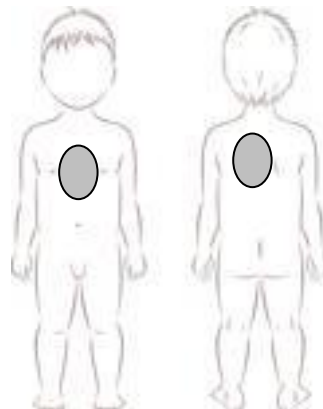
12 months -8 years

Regular placement



Voltage:

Placement if pads are likely to touch



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	
Veins	
Arteries	

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?

25. a What does the acronym FAST stand for?

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

Assessment 2

Observation – Primary survey

Activity:	Perform Primary survey on unconscious casualty not breathing	
Instructions to learner: You will complete a primary survey based on the scenario below You are walking through the park at 10am when you notice an adult lying on the ground. You complete an assessment and find they are unconscious and not breathing . Treat accordingly as per DRSABCD. 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.		
Task/observation criteria	NYS	Assessor's comment and feedback on learner's performance
1. Use standard precautions		
2. Perform a hazard and danger assessment of the scene. Look for the cause of the injury.		
3. Check for response		
4. Send for help		
5. Check airway		

6. Check for casualty breathing		
7. Commence CPR		
8. Treat casualty for regurgitation		
9. Manage unconscious breathing casualty <ul style="list-style-type: none"> • Shelter from environment • Reassure • Monitor 		
10. Provide verbal handover to paramedics		
Overall Feedback for Learners:		
Reassessment required: Yes/ No		
<p>Date and time for 2nd Attempt- RLSSWA will call the candidate to re-book the course</p> <p>Outcome:</p> <p>Feedback:</p>		
<p>Reasonable adjustment required: Yes/No</p> <p>If Yes, details:</p>		

Assessment 3- Observation 3 Defibrillation

Activity:	Apply the defibrillator(AED) to an unconscious casualty not breathing	
<p>Instructions to learner:</p> <p>You will work in a team of three (3) and apply a defibrillator to an unconscious casualty (adult manikin) not breathing and follow the prompts.</p> <p>This is an individual assessment Person 1 and 2 are unable to assist person 3 with application of the defibrillator</p> <p>Person 1 – Compressions</p> <p>Person 2- Breathing (with pocket mask)</p> <p>Person 3- Defibrillator</p> <p>Rotate in your group until all persons have applied the defibrillator</p>		
Task/observation criteria	NYS	Assessor's comment and feedback on learner's performance
1. Prepares casualty for use of AED		
2. Turns on AED and follows prompt correctly		
3 Informs team when AED is analysing <ul style="list-style-type: none"> • Responds appropriately if team members continue touching casualty 		
4 Informs team when AED is delivering shock to casualty <ul style="list-style-type: none"> • Responds appropriately if team members continue touching casualty 		
5 Informs team to commence CPR		

Reassessment required: Yes/ No

Date and time for 2nd Attempt- A staff member of the RLSSWA will call the candidate to re-book the course

Candidate was provided with a copy of a candidate reassessment form with details

Reasonable adjustment required: Yes/No

If Yes, details: