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## Ministry of Health

### Emergency Medical Assistant's (EMA) Licensing Board Examination

### EMERGENCY MEDICAL ASSISTANT FIRST RESPONDER (EMA FR)

### Written Examination #9804 - Initial Licensing

Number of questions: 80

Number of Marks: 80

Minimum Pass: 70% (56 marks)

Time: 2 hours

Number of Attempts Allowed: 3

Please read each question carefully and select **ONE** best answer for each question. Each question is worth one mark. This examination consists of 80 questions randomly chosen from an exam bank of 340 questions.

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1. The hand is \_\_\_\_\_ to the elbow.
- A Proximal  B Distal
- C Medial  D Lateral
2. Maintaining a professional appearance as an EMA FR is important because it:
- A Let's bystanders know that you are important  B Helps to instill confidence in patients and their families
- C Allows other rescuers to recognize you from your dress  D Is a local, provincial and federal requirement
3. If EMAs are preparing to assist with the delivery of a baby, what preparations should they make?
- A Place clean sheets, blankets, or towels under the mother's buttocks and over her abdomen  B Have someone bring a large pot of water to a boil on the stove
- C Get a sterile obstetric kit ready to use during the delivery  D Have the mother lie flat on her back with her legs extended
4. In special circumstances the Emergency Medical Assistants (EMA) Licensing Board may extend the licence of an EMA on one occasion provided all of the following requirements have been met **except**:
- A The licence extension is for a maximum of 60 days  B the request is made before the EMA's licence has expired
- C the EMA is unable to complete renewal requirements prior to licence expiry  D the request is authorized by the BC Emergency Health Services Corporation
5. The "S" in sample stands for \_\_\_\_\_?
- A Severity  B Skin
- C Scale (1-10)  D Signs and Symptoms
6. As an EMA, if a complaint is filed against you, you may appoint a third-party representative to represent you?
- A True  B False
7. Whose responsibility is it to determine if a gunshot or stab wound is criminal in nature:
- A the triage nurse accepting the patient  B the attending emergency medical assistant
- C the police in conjunction with the criminal justice system  D the receiving physician treating the victim

8. The appropriate size BVM for using on a patient that weighs 5 kilograms would be?
- A Adult BVM  B Infant BVM
- C Child BVM
9. The Emergency Medical Assistants Regulation includes, as a condition on every licence that EMAs must comply with the Emergency Health Services Act, and the regulations including without limitation the Code of Ethics set out in Schedule 3.
- A True  B False
10. In a cardiac arrest with 2 rescuers, an oropharyngeal airway should be measured and inserted and oxygen applied:
- A While the EMA-First Responder is assessing the airway  B Prior to ventilating the patient
- C As soon as practical after the AED protocol is started  D After 4 minutes of CPR
11. A hand-off report should include:
- A Patient age and gender, chief complaint, SAMPLE, interventions  B Level of consciousness, patient age and gender, chief complaint, insurance provider
- C Secondary assessment findings, patient name, circulation status, SAMPLE  D Patient responses, airway status, treatments, estimated time of arrival
12. When should cooling for a significant burn be initiated?
- A During the rescue scene evaluation  B During the primary survey
- C During the secondary survey  D After the secondary survey
- E During transport
13. An emergency medical assistant is required to disclose all gunshot wounds regardless of origin .
- A True  B False
14. In emergency situations where an emergency medical assistant (EMA) discovers a patient has an advance directive and a “No CPR” or “DNR” order, the EMA must comply with the most recently dated document. Which document prevails if both documents have the same date?
- A the “No CPR” Order  B the advance directive
- C the “DNR” Order

15. At the scene of a stabbing, you see a knife you believe was used in the incident next to the unconscious patient. What should you do with the knife?
- (A) Pick it up, using a dressing or bandage, and place it in a plastic bag to give to the police
- (B) Avoid touching or moving the knife unless it causes a safety hazard, or interferes with care
- (C) Be careful not to touch the handle as you move the knife carefully away from the patient
- (D) Note the knife's exact position; move it away from the patient, and save it for the police
16. All persons providing health care run some risk of being named a party in a legal action.
- (A) True
- (B) False
17. Using the FAST tool, how do you determine if a patient is experiencing arm weakness or paralysis?
- (A) one arm doesn't move or drifts downward when the patient closes eyes, extends both arms out with palms **up** for 10 seconds
- (B) both arms move when the patient closes eyes, extends both arms out with palms **up** for 10 seconds
- (C) one arm doesn't move or drifts downward when the patient closes eyes, extends both arms out with palms **down** for 10 seconds
- (D) both arms move when the patient closes eyes, extends both arms out with palms **down** for 10 seconds
18. What information is required to be reported to police in the event of a gunshot wound or stabbing?
- (A) all of the answers
- (B) the fact that the person is being treated, or has been treated
- (C) the name and location of the health care facility or where the emergency medical assistant treated the individual
- (D) the injured person's name, if known
19. Adequate breathing is characterized by all of the following **except**:
- (A) Regular rhythm
- (B) Regular wheezing
- (C) Equal chest expansion
- (D) Effortless breathing
20. EMAs arrive on scene for a newborn presenting with HR 42, absent respirations, peripheral cyanosis, no meconium staining, and clear airway, maintained with a head-tilt chin-lift. After tactile stimulation and warming the newborn is not responding. What should the next treatment be?
- (A) Begin CPR
- (B) Insert advanced airway
- (C) Provide blow-by oxygen
- (D) Begin to ventilate with BVM

21. CPR is not recommended on children who are victims of cold water drowning when they have been submerged for more than 45 minutes.
- A True  
 B False
22. A burn that presents with reddening of the skin, blisters and severe pain may be classified as:
- A Superficial  
 B Partial thickness  
 C Full thickness
23. Each of the following is considered an emergency move **except**:
- A Shoulder drag  
 B Piggyback carry  
 C Cradle carry  
 D Fore and aft lift
24. You should consider the patient of a motor vehicle rollover incident as unstable, even if he/she was wearing a seatbelt.
- A True  
 B False
25. The **best way** to ensure that you meet the expectations of the licensing board, the public, your peers, and the employer/fire department is to:
- A Know your level of licence  
 B Always act in the best interest of the patient  
 C Act confident and in control while you provide care  
 D Attend all ongoing education sessions  
 E Record everything well on the pre-hospital care report
26. To avoid inadequate CPR compressions due to fatigue, rescuers should:
- A Verbally encourage a tiring rescuer to continue even though they are tiring  
 B Compress at a slower rate  
 C Rotate compression duty every 2 minutes  
 D Compress to a more shallow depth
27. Place the components of the "Primary Survey" in the order they are to be completed: 1) Airway 2) Breathing Check 3) Rapid Body Survey 4) LOC using AVPU 5) Circulation Check 6) Delicate Spine check.
- A 6,5,1,3,2,4  
 B 1,2,3,4,5,6  
 C 6,5,3,1,2,4  
 D 4,6,1,2,5,3

28. Which of the following statutes creates the Emergency Medical Assistants Licensing Board?

- A Emergency Medical Assistants Act
- B Emergency Health Services Act
- C Health Professions Act
- D Good Samaritan Act

29. The Emergency Health Services Act defines the term “*emergency health service*” as:

- A first aid or other health care provided in circumstances in which it is necessary to provide the first aid or other health care without delay in order to preserve an individual's life, prevent or alleviate serious physical or mental harm, or alleviate severe pain
- B the ability to practice medicine by an emergency medical assistant
- C a conveyance that is used for the transport of patients requiring medical attention
- D the provision of medical services solely within the hospital setting

30. Gunshot and stab wound legislation is not intended to capture stab wounds that have been:

- A self-inflicted or are accidental
- B assessed, treated and released at the scene
- C determined to be non-life threatening
- D assessed and released before transport

31. Which two structures block the airway in a person with a reduced LOC?

- A Tongue and esophagus
- B Tongue and ulna
- C Esophagus and trachea
- D Tongue and epiglottis

32. You would describe an adult as having rapid breathing if they are breathing \_\_\_\_\_.

- A 15-20 breaths per minute with a rapid radial pulse
- B more than 20 breaths per minute not brought on by exercise or exertion
- C 30 breaths per minute brought on by exercise or exertion
- D 12 to 20 breaths per minute without a radial pulse

33. All of the following are examples of external factors that can affect assessment **except:**

- A The attitude of family members
- B An uncooperative patient
- C Distracting injuries
- D Scene chaos
- E Personal attitudes

34. If the mechanism of injury alerts you to spinal or head trauma, you open the airway using:

- A crossed over finger technique
- B head tilt chin lift
- C modified jaw thrust
- D oral airway

35. An Emergency Medical Assistant (EMA) must notify the Emergency Medical Assistants Licensing Board within how many days of legally changing his or her name?
- A 7 days  B 14 days  
 C 30 days  D 60 days
36. If respiratory distress is not treated, what two steps will follow?
- A heaving respirations, then laboured breathing  B failing respirations, then respiratory arrest  
 C respiratory emergency, then heaving respirations  D cardiac arrest, then respiratory arrest
37. A conscious patient has refused care from an EMA. The patient suddenly becomes unconscious. The EMA can legally provide emergency care despite the initial refusal. This is an example of:
- A Implied consent  B Advance directive  
 C Expressed consent  D Substituted consent
38. What AED pads would you use on a patient that is 9 years of age?
- A Child pads  B Adult pads
39. Which of the following can help a woman cope with the pain and discomfort of labour?
- A Assuming a knee-chest position  B Breathing in and out in a shallow "panting" pattern  
 C Alternately tensing and relaxing all the muscles in her body  D Focusing on an object in the room while regulating her breathing
40. What should an EMA-FR observe to indicate that bag valve mask ventilations are adequate?
- A The patient's neck muscles will strain  B The chest will rise and fall  
 C The patient's abdomen will begin to distend  D There will be resistance
41. The benefit for a EMA-FR to obtain immunizations is that:
- A it provides protection against becoming infected with common communicable diseases  B it prevents the EMA-FR from infecting the patient  
 C it protects against a variety of infections including influenza, meningitis, and AIDS  D it eliminates the need to wear Personal Protective Equipment (PPE)
42. The heart, blood, and blood vessels are major components of which body system?
- A Nervous  B Integumentary  
 C Musculoskeletal  D Circulatory

43. The purpose of the emergency medical assistant (EMA) Code of Ethics is to:

- A provide general principles of ethical conduct to guide emergency medical assistants in meeting their duties to the public and to the profession
- B provide registrants with critical decision-making skills around patient care
- C provide information to the public on how emergency medical assistants (EMA's) are to behave professionally
- D communicate to the employer the appropriate code of conduct for emergency medical assistants (EMA's)

44. What is an advance directive?

- A none of the answers
- B a document in which a capable adult names a representative and sets out the type and scope of decisions that the representative may make on behalf of the adult if the adult becomes incapable
- C a written instruction made by a capable adult who gives or refuses consent to health care in the event that the adult is not capable of giving instruction at the time the health care is required
- D a written summary of the capable adult's wishes to guide their temporary substitute decision-maker or representative if called to make a health care decision where the adult is incapable of making a decision

45. You should use the "Patient Assessment Model" during trauma calls, but not medical calls.

- A True
- B False

46. Which of the following best describes disinfection?

- A the process of preparing equipment for cleaning
- B the process of making the body immune to specific bacteria
- C the process of using a chemical to kill disease-producing microorganisms on equipment
- D the process of physically removing gross materials from equipment such as dirt, blood or vomit

47. The purpose of the pre-hospital care report is to:

- A Document the care you provided
- B Transfer patient information from one person to another
- C Provide legal documentation
- D All of the answers
- E Improve your EMS system

48. While doing good CPR you feel ribs breaking. You should:

- A Start abdominal thrusts
- B Move to different hand placement on chest
- C Maintain CPR at original rate and pressure
- D Continue but use less pressure
- E Stop CPR



49. Before applying direct pressure to a bleeding wound, the EMA-FR should:
- A treat the patient for shock
  - B take and record pulse rate
  - C assess the amount of blood loss
  - D put on personal protective equipment
50. Following delivery, it is important to prevent hypothermia by immediately drying the infant and wrapping them up using the same towel.
- A True
  - B False
51. For a conscious infant with an airway obstruction the First Responder should:
- A Deliver alternating 5 back blows and 5 chest thrusts
  - B Deliver repeated abdominal thrusts
  - C Deliver 8 abdominal thrusts
  - D Deliver 15 back blows
52. An adult patient with respiratory distress, a breathing rate of < 8, and central cyanosis, should have respirations assisted by bag/valve/mask.
- A True
  - B False
53. Ideally who should be responsible for pushing the "Shock" button on the AED?
- A Whoever is closest to the AED
  - B The EMA-FR who is ventilating the patient
  - C The EMA-FR who is doing the chest compressions
  - D The officer in charge
54. You should address a patient by name whenever possible, however you should not address an elderly patient by their first name, unless invited to do so.
- A True
  - B False
55. The power and authority of the *BC Emergency Health Services* can be found in:
- A the *Emergency Health Services Act*
  - B the Emergency Medical Assistant Regulation
  - C the *Good Samaritan Act*

56. Which of the following is a unique characteristic of a newborn infant?
- A Their chest muscles are not fully developed so they appear to "belly breath"
- B They may be scared of the EMA-FR
- C They breath at the same rate as an adult
- D Even though they cannot talk they fully understand what you say to them
57. Which is often the first and **most** important sign or symptom of a serious head injury?
- A Severe pain or pressure in the head
- B Altered level of consciousness
- C Blood or fluid in the ears
- D Seizures or convulsions
58. The "L" in sample stands for \_\_\_\_\_?
- A Likes and dislikes
- B Level of consciousness
- C Leading up to injury
- D Last oral intake
59. EMAs must be able to function independently in a non-structured, constantly changing environment.
- A True
- B False
60. The danger of rupturing the sac that contains the amniotic fluid around the newborn is that:
- A It can lead to infection in the fetus
- B It can lead to infection in the mother
- C It can cause the mother to be starved of oxygen
- D It can cause the fetus to be starved of oxygen
61. When ventilating a non-breathing 3-year old child, the correct rate would be?
- A 12 - 20 times a minute
- B 18 - 24 times a minute
- C 8 - 12 times a minute
- D 30 - 40 times a minute
62. As an Emergency Medical Assistant (EMA), if a complaint is filed against you with the Emergency Medical Assistants Licensing Board, you will be first notified of the complaint in which of the following ways:
- A Your employer will notify you of the complaint
- B A letter from the EMA Licensing Board
- C A phone call from a member of the EMA Licensing Board
- D A phone call from a member of the Investigations Committee
63. To check for a pulse on an infant, the EMA-First Responder should palpate the:
- A Carotid artery
- B Radial artery
- C Brachial artery
- D Femoral artery

64. The danger of pulling on the umbilical cord is that:
- A If there is a knot in the umbilical cord, it will tighten
  - B The newborn can get tangled
  - C Deadly bleeding can occur
  - D There is no danger of pulling on the umbilical cord
65. The head, chest, abdomen and pelvis are the four main areas of the body that hold a lot of blood.
- A True
  - B False
66. What two things can you do to increase the chances that a patient will stay oxygenated during a seizure?
- A maintain an open airway with an oropharyngeal airway and place a standard mask flowing 10 L/min on the seizing patient's face
  - B maintain an open airway with an oropharyngeal airway and hold a standard mask flowing 10 L/min near but not on the seizing patient's face
  - C maintain an open airway with the recovery position and place a standard mask flowing 10 L/min on the seizing patient's face
  - D maintain an open airway with the recovery position and hold a standard mask flowing 10 L/min near but not on the seizing patient's face
67. The purpose of the primary survey is to:
- A Ensure the safety of the people at the scene, to identify the mechanism of injury or nature of illness, and to determine any necessary additional resources
  - B Identify and manage life and limb threatening injuries and conditions
  - C Identify the patient's chief complaint, establish a baseline set of vital signs and gather information about the patient's injuries and condition
  - D Allow the EMA-FR to perform medical procedures normally in the domain of a physician
  - E Gather or give information regarding the patient's status and treatment
68. The carotid pulse of a severely hypothermic patient should be assessed for 30 seconds before starting CPR.
- A True
  - B False
69. For which of the following reasons may the Emergency Medical Assistants (EMA) Licensing Board deny a person access to the "Register"?
- A a member of the public wishes to know the status of an EMA's licence
  - B an employer wishes to know the status of an EMA's licence
  - C the person seeking access is doing so for commercial purposes
  - D the Alberta College of Paramedics wishes to know the status of an EMA's licence

70. How is a TIA different than a stroke?

- A there is no facial droop in a TIA
- B there are no speech problems in a TIA
- C the symptoms are temporary in a TIA
- D the symptoms are longer lasting in a TIA

71. What are some of the Acts that affect the way you will perform your duties while working/volunteering as an EMA FR? 1) Emergency Health Services Act 2) Good Samaritan Act 3) First Responder Act 4) Mental Health Act 5) Coroners Act.

- A 1 only
- B 2 only
- C 1,2,3
- D 1,4,5

72. Your patient is displaying raccoon eyes and Battle's signs. Fluid is draining from one of his ears. This patient should be managed by:

- A placing the affected ear down to promote drainage
- B applying a loose clean dressing over the ear
- C applying indirect pressure only
- D applying direct pressure with sterile gauze

73. Roles of the EMA-FR include all of the below **except:**

- A Talking to bystanders
- B Obtaining vital signs
- C Gathering scene information
- D Providing scene cover
- E Completing documentation

74. The most appropriate first measure to control bleeding from a lacerated wrist is:

- A direct pressure
- B pressure point
- C elevation
- D tourniquet

75. Principles of proper lifting include all of the following **except:**

- A Use your legs to lift, not your back
- B Keep the weight of the object close to your body
- C Twist for awkward lifting when required
- D Use commands to communicate with your partner
- E Physical fitness

76. What are the major mechanisms used by the body to remove heat from the body core?

- A Dilation of the blood vessels near the skin and evaporation of sweat
- B Reduction of body metabolism rate and increased breathing rate
- C Constriction of blood vessels near the skin and shivering
- D Increased metabolism of fat and reduced metabolism of carbohydrates

77. A patient's level of consciousness can be measured by using the mnemonic:

- A DABC
- B AVPU
- C LOTARP
- D OPQRST

78. If a complaint against you is investigated, you will be asked to submit your account of the incident.

- A True
- B False

79. During the Breathing check in the Primary Survey, the EMA-FR should:

- A count the number of respirations to decide if they are adequate
- B intervene only if respirations are absent
- C intervene if respirations are inadequate, then continue with the primary survey
- D not intervene until the primary survey is completed

80. If an EMA decides to appoint a representative during the complaint process, which of the following is the representative **not permitted** to do:

- A Speak on the EMA's behalf
- B Participate in the complaint investigation by the investigation committee
- C Provide advice to the EMA