

## Hypothermic Emergencies PLS Quiz

Name \_\_\_\_\_

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 1) Allowing a patient's body temperature to increase by preventing further heat loss is referred to as which of the following? 1) \_\_\_\_\_  
A) Core rewarming  
B) Active rewarming  
C) Natural rewarming  
D) Passive rewarming
- 2) Localized cold injury occurs due to vasoconstriction and: 2) \_\_\_\_\_  
A) loss of calcium.  
B) ice crystal formation in the tissues.  
C) chemical imbalance in the tissues.  
D) blood clots.
- 3) In a hypothermic patient the coldest blood is found in what part of the patient's body? 3) \_\_\_\_\_  
A) Extremities  
B) Heart and lungs  
C) Intestines  
D) Head
- 4) Which of the following does NOT make infants and children more prone to hypothermia? 4) \_\_\_\_\_  
A) Large body surface area  
B) Small muscle mass  
C) Inefficient metabolism  
D) Little body fat
- 5) A patient who is lying on cold ground is losing the most amount of heat by what mechanism? 5) \_\_\_\_\_  
A) Shivering  
B) Conduction  
C) Convection  
D) Radiation
- 6) When resuscitating a hypothermic patient in cardiac arrest, resuscitation attempts must continue until the patient has: 6) \_\_\_\_\_  
A) developed rigor mortis.  
B) been defibrillated a total of nine times.  
C) been ventilated for at least 30 minutes with an oropharyngeal airway in place.  
D) been rewarmed.
- 7) Which of the following is NOT a classification of localized cold injury? 7) \_\_\_\_\_  
A) Hypothermia  
B) Frostbite  
C) Frostnip  
D) All of the above are localized cold injuries.
- 8) When the body is in water, how many times faster does it lose heat than when it is in still air? 8) \_\_\_\_\_  
A) 100  
B) 10  
C) 25  
D) 2
- 9) In which of the following situations would a person lose heat by conduction? 9) \_\_\_\_\_  
A) Going outside without a coat on a cold but calm day  
B) Sitting on cold metal bleachers at a football game  
C) Wearing wet clothing in windy weather  
D) Breathing

- 10) Rough handling of a patient with severe hypothermia may result in which of the following? 10) \_\_\_\_\_  
A) Rewarming shock B) Heart attack  
C) Seizures D) Ventricular fibrillation
- 11) The process in which heat is lost from the body as wind passes over it is called which of the following? 11) \_\_\_\_\_  
A) Condensation B) Hydrodynamic cooling  
C) Convection D) Exposure
- 12) Applying an external source of heat to the patient's body to rewarm him is called \_\_\_\_\_ 12) \_\_\_\_\_  
rewarming.  
A) endogenous B) active C) peripheral D) central
- 13) In which of the following ways does the body produce heat in response to being cold? 13) \_\_\_\_\_  
A) Shivering B) Increasing the respiratory rate  
C) Excreting more urine D) Burning fewer calories
- 14) The technique for central rewarming requires the application of heat to which of the following areas of the patient's body? 14) \_\_\_\_\_  
A) Head, neck, chest, and groin B) Head, neck, chest, and back  
C) Lateral chest, neck, armpits, and groin D) Chest, back, neck, and armpits
- 15) Which of the following factors influence the severity of hypothermia? 15) \_\_\_\_\_  
A) Clothing  
B) Age  
C) Pre-existing illness  
D) All of the above influence a patient's risk of hypothermia.