

UPMC

UPMC Trauma Rounds Summer 2009 Prehospital Continuing Education Test

When finished, date the test and mail to:

UPMC Prehospital Care
Forbes Tower Suite 10018
200 Lothrop St.
Pittsburgh, PA 15213

Name: _____

Address: _____

Date of test: _____

Level of state certification (circle one):

- A. First Responder
- B. EMT-B
- C. EMT-P
- D. PHRN

State certification number: _____

Questions: *Circle one answer for each.*

- 1) Concussion is characterized by all of the following EXCEPT:
 - a) Concussion is a complex pathophysiologic process affecting the brain.
 - b) Concussion is caused by direct or indirect traumatic forces to the head.
 - c) CT scan and MRI of the brain are usually normal.
 - d) A history of loss of consciousness is always present.
 - e) None of the above

- 2) Regarding concussion, the true statement is/are:
 - a) The diagnosis of concussion can be difficult, even in ideal circumstances.
 - b) The patient may not have sustained loss of consciousness.

question continues next page

- c) Duration of symptoms is highly variable and may last minutes, days, weeks, or months.
 - d) Athletes may minimize symptoms to prevent their removal from the game.
 - e) All of the above are true.
- 3) Duration of loss of consciousness is the best predictor of the severity of concussive symptoms.
- a) True
 - b) False
- 4) Amnesia is the acute marker most predictive of injury severity and duration.
- a) True
 - b) False
- 5) Concussion management requires a patient-centered approach with assessment including risk factor analysis, neurocognitive testing, and a thorough symptom evaluation.
- a) True
 - b) False
- 6) Initial management of concussion include all of the following EXCEPT:
- a) proper sleep hygiene
 - b) physical rest
 - c) cognitive rest
 - d) neurocognitive testing
 - e) benzodiazepines (e.g., valium)
- 7) The symptoms of post-concussion syndrome may include:
- a) cognitive (concentration and attention deficits, fogginess, feeling slowed down)
 - b) somatic (headaches, dizziness, light and sound sensitivity)
 - c) emotional (anxiety, sadness, irritability)
 - d) sleep-related (hypersomnia, insomnia)
 - e) all of the above
- 8) Recommendations regarding return to play after concussion include:
- a) The athlete must be asymptomatic at rest before any return to activity.
 - b) After the athlete demonstrates being asymptomatic at rest, progressive return to activity can be initiated.
 - c) The athlete must be asymptomatic with physical and cognitive exertion.
 - d) The athlete must have returned to baseline or normal on neurocognitive testing.
 - e) All of the above

- 9) Under current Pennsylvania law, only motorcyclists under age 21 or those with less than two years experience who have not taken a safety course are required to wear helmets.
- a) True
 - b) False
- 10) Helmets can not prevent non-head injuries, nor can they prevent all head injuries, but they can reduce the likelihood of a serious or fatal injury in motorcycle crashes.
- a) True
 - b) False