

ASSIGNMENT SHEET**CHAPTER 19: EMERGENCIES, ACUTE ILLNESS, ACCIDENTS, AND RECOVERY****Unit 3: First Aid in Accidents and Injuries****WORDS TO KNOW CHALLENGE****A. Word Puzzle: Use the definitions below to spell out these terms.**

1. _ _ _ _ A _ _ _ _ _
2. _ _ _ _ _ C _ _ _
3. _ _ _ C _ _ _ _ _ _ _ _
4. _ _ _ _ _ I _ _ _ _ _
5. _ _ _ _ D
6. _ _ _ E _ _ _ _ _ _ _ _
7. _ _ N _ _ _ _ _ _ _
8. _ _ _ _ T _ _ _ _
9. _ _ _ _ S _ _ _ _

1. A scrape or scratch
2. Acid or alkaline substance
3. Having a current
4. To prevent from moving
5. An injury
6. A tear
7. A hole
8. A brisk rubbing
9. Smooth cut

B. Word Search: Find the following words hidden in the puzzle.

ANAPHYLACTIC
BANDAGE
BITE
BURN
CHEMICAL
ELECTRICAL
FRICTION

IMMOBILIZE
INCISION
INJURIES
LACERATION
MOLTEN
PUNCTURE
SHOCK

SPLINTER
SPRAIN
STINGS
STRAIN
SUPERFICIAL
THERMAL
WOUND

S U P E R F I C I A L E
R I P D J V S H O C K L
L I W N I S P R A I N E
A N A P H Y L A C T I C
C C C H E M I C A L M T
E I P S T I N G S C M R
R S F R I C T I O N O I
A I M O L T E N Q O B C
T O M T H E R M A L I A
I N J U R I E S V X L L
O Q W O U N D B P B I H
N I W S T R A I N U Z P
W R G P U N C T U R E Y
X B A N D A G E P N I U

UNIT REVIEW

A. Short Answer

1. How is a bee stinger removed? _____

2. When is anti-rabies serum required following an animal bite? _____

3. Name the three types of burns, and give examples of each.
 - a. _____

 - b. _____

 - c. _____

4. What is the first priority in the treatment of burns? _____

5. Compare the types of first aid treatment for the three degrees of burns.

6. What is the benefit of adding moisture to a heat treatment? _____

7. What action does the application of cold treatments have on the body? _____

8. What action does the application of heat treatments have on the body? _____

9. Name four types of wounds.
 a. _____
 b. _____
 c. _____
 d. _____
10. What four pieces of information are needed to decide the severity of an illness or injury?
 a. _____
 b. _____
 c. _____
 d. _____

B. Matching. Match the term in column I with its definition in column II.

COLUMN I	COLUMN II
_____ 1. Rule of Nines	a. A folded bandage to hold dressing in place
_____ 2. Third degree	b. A wound made with a pointed object, teeth, or gunshot
_____ 3. Shock	c. Ligament injury at a joint
_____ 4. Fracture	d. A tear in the tissue
_____ 5. PMS	e. Used to estimate extent of a burn
_____ 6. Strain	f. A scrape in the epidermis
_____ 7. Sprain	g. State of very low blood pressure, rapid pulse, pallor
_____ 8. Cravat	h. Covers dressings and holds in position
_____ 9. Abrasion	i. A break in the bone
_____ 10. Incision	j. Placed over a wound
_____ 11. Laceration	k. Three things to check with a fracture
_____ 12. Puncture	l. Involves all three layers of skin
_____ 13. Dressing	m. Injury to a muscle or muscle group
_____ 14. Bandage	n. Clean cut by a sharp object

CASE STUDIES

Scenario 1

Mrs. Leonard calls the office because her 3-year-old child has been stung. She thinks it was a wasp, but she isn't sure. She says he is having trouble breathing, is very restless, his head hurts very badly, and his skin is becoming mottled and blue.

Critical Thinking Questions

1. What is happening to the child? _____

2. If he is going into anaphylactic shock, what medication needs to be given immediately? _____

3. What instructions should be given to Mrs. Leonard? _____

Scenario

A patient rushes into the office with a severe burn to his left hand. He says that he was deep frying some fish and spilled the hot grease on his hand. His skin is red and blistered.

Critical Thinking Questions

1. Which class of burn is the patient suffering from? _____

2. What is another name for this degree of burn? _____

3. What is the proper first aid? _____

UNIT APPLICATION

Performance Objective Practice

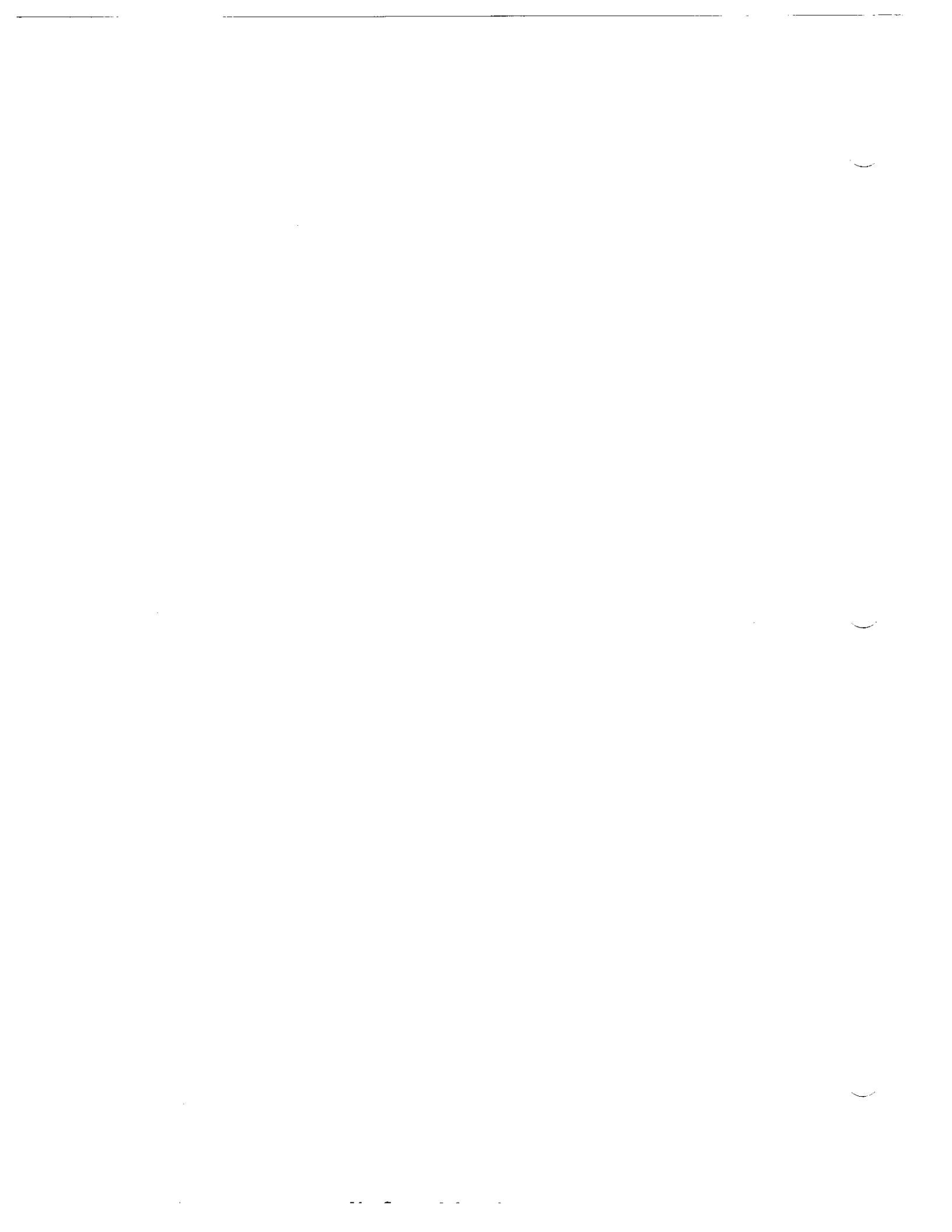
- A. As a class, list the steps for wound cleansing on the board and then practice on a partner.
- B. Pair with another student and practice the following bandaging techniques. Be sure to ask the instructor to inspect your work for correctness.
 - Recurrent turn to finger
 - Open spiral
 - Closed spiral
 - Figure eight to the hand
 - Figure eight to the wrist
 - Cravat to the forehead
 - Triangular to the forehead

Performance Competency

Following completion of performance objective practice, use the Performance Evaluation Checklists 19-4, 19-5, 19-6, 19-7, 19-8, and 19-9 in the workbook to perform the procedures for evaluation.

CERTIFICATION AND REGISTRATION PREPARATION

- _____ 1. Which of the following is placed directly over the wound?
a. Bandage
b. Ointment
c. Dressing
d. Wrap
- _____ 2. The first step in the treatment of an animal bite is:
a. flush with hydrogen peroxide
b. cover with a sterile dressing
c. cleanse with soap and water
d. hold the wound under running water
- _____ 3. A chemical burn can occur from which of the following?
a. Ingestion of an acid
b. Inhalation of an alkali
c. Injection of an acid or an alkali
d. All of the above
- _____ 4. Which degree of burn causes white leathery tissue?
a. Third degree
b. Second degree
c. Fourth degree
d. First degree
- _____ 5. Which classification refers to a third-degree burn?
a. Partial thickness
b. Deep full thickness
c. Full thickness
d. None of the above
- _____ 6. Why should butter and ointment not be used on a burn?
a. They hold in the burn and cause more pain.
b. They can cause blistering.
c. They are difficult to remove when evaluating the burn.
d. Both a and c
- _____ 7. Which type of burn should be flooded with water for 15 minutes?
a. Electrical
b. Chemical
c. Thermal
d. Lightning
- _____ 8. Which of the following occurs when a ligament that surrounds a joint is injured?
a. Hairline fracture
b. Dislocation
c. Strain
d. Sprain
- _____ 9. Which of the following methods can be used to treat sprains, strains, and bruises?
a. Cold
b. Heat
c. Moist heat
d. None of the above
- _____ 10. Which type of cutting wound is the most difficult to suture?
a. Laceration
b. Incision
c. Abrasion
d. Contusion
- _____ 11. Which type of bandage is used for an injury to the palm of the hand?
a. Open spiral
b. Closed spiral
c. Figure eight
d. Recurrent turn



ASSIGNMENT SHEET**CHAPTER 19: EMERGENCIES, ACUTE ILLNESS, ACCIDENTS, AND RECOVERY****Unit 4: Recovering Function and Mobility****WORDS TO KNOW CHALLENGE****A. Matching: Match the term in column I with its description in column II.**

COLUMN I	COLUMN II
_____ 1. Ambulate	a. A type of cane
_____ 2. Axilla	b. Manner of walking
_____ 3. Balance	c. Extent of movement
_____ 4. Flexibility	d. To walk
_____ 5. Gait	e. To hold secure
_____ 6. Mobility	f. Area under the arm
_____ 7. Quad-base	g. The ability to twist and bend
_____ 8. Range-of-motion	h. Equilibrium
_____ 9. Stabilize	i. Move about freely

B. Word Search: Find the following words hidden in the puzzle.

AMBULATE
AXILLA
BALANCE
BANDAGE
CANE
CRUTCHES

DRESSING
FLEXION
GAIT
MOBILITY
ROM

SLING
STABLE
TIME
WALKER
WHEELCHAIR

A C R U T C H E S I W
M R A X I L L A D O H
O U M N M V R F R T E
B T B B E C W L E B E
I C U A S S A E S A L
L H L L T G L X S N C
I E A A A A K I I D H
T S T N B I E O N A A
Y B E C L T R N G G I
R O M E E U Y P Q E R

UNIT REVIEW

Short Answer

1. Identify seven situations during which the use of some form of device may be indicated to assist patients with mobility.
 - a. _____
 - b. _____
 - c. _____
 - d. _____
 - e. _____
 - f. _____
 - g. _____
2. Identify six basic benefits of regular exercise.
 - a. _____
 - b. _____
 - c. _____
 - d. _____
 - e. _____
 - f. _____
3. What is a range-of-motion exercise? _____

4. What two precautions must be observed when applying a sling? _____

5. Identify two guidelines concerning fitting a cane. _____

6. Explain the proper height for crutches. _____

7. List four factors that will increase safety for the patient at home.
 - a. _____
 - b. _____
 - c. _____
 - d. _____

B. Fill in the Blank

1. A regular program of exercise helps improve _____, _____, _____, and _____ and relieves _____.
2. If a patient cannot engage in strenuous exercise, he or she should _____ and do _____ exercises.
3. The opposite of flexion is _____.
4. Bringing an extremity toward the midline is called _____.
5. Moving an extremity away from the midline is called _____.
6. The opposite of pronation is _____.

7. Overextending a joint is called _____.
8. Patients who have _____, _____, or other disabilities can benefit from ROM exercises.

CASE STUDIES

Scenario 1

Mr. Durst calls the office to report that he has twisted his knee and cannot walk very well. He says that he has no balance and is afraid of falling again. He wants to know if there is anything he can do to help him walk safely until his knee is feeling better.

Critical Thinking Questions

1. Who should be consulted about the patient's condition before giving any advice? _____

2. What device could be helpful to the patient? _____

3. What information should be given to the patient about the proper mobility device? _____

Scenario 2

Mr. Anderson, an 80-year-old with congestive heart failure, is in a wheelchair and must be placed on the exam table for treatment. He is very nervous about getting from his wheelchair to the table.

Critical Thinking Questions

1. What should you tell the patient about moving from the chair to the table? _____

2. What is the first action you should perform before beginning to move Mr. Anderson? _____

3. How should you stand when lifting the patient from the chair? _____

UNIT APPLICATION

Performance Objective Practice

- A. Using the instructions in the text, practice the range-of-motion exercises to become familiar with the movements.
- B. Pair with another student and practice adjusting a cane to the proper height. Conduct patient education sessions on the proper use of a cane.
- C. Choose a partner and practice applying a sling on the arm while your partner is sitting, standing, and lying down.
- D. Divide into three groups and have each group choose a crutch gait. Practice the gaits and then demonstrate your chosen gait to the class.

- E. Pick three different classmates of varying heights and measure each for axillary crutches and adjust the crutches to the proper height.
- F. Divide into two groups and practice demonstrating the use of a regular walker and one with wheels.
- G. Pair with another student and practice helping each other into and out of a wheelchair.

Performance Competency

Following completion of performance objective practice, use the Performance Evaluation Checklists 19-10, 19-11, 19-12, 19-13, 19-14, and 19-15 in the workbook to perform the procedures for evaluation.

CERTIFICATION AND REGISTRATION PREPARATION

- _____ 1. Mobility devices are often used for all of the following except:
 - a. temporary support following a sprain
 - b. balance
 - c. after abdominal surgery
 - d. arthritis
- _____ 2. Which of the following can be used for patients who cannot engage in exercise?
 - a. ROM
 - b. Flexibility exercises
 - c. Aerobic exercise
 - d. Yoga
- _____ 3. Which type of sling can be used to support an arm that was damaged due to a stroke?
 - a. Triangle
 - b. Strip
 - c. Buckle
 - d. Pulley
- _____ 4. The handle of a cane should be level with the patient at:
 - a. mid-thigh
 - b. waist
 - c. midway between hip and waist
 - d. just below hip level
- _____ 5. A Lofstrand crutch would be used for:
 - a. fracture of the ankle
 - b. a sprained ankle
 - c. long-term rehabilitation
 - d. injury to the shoulder
- _____ 6. Axillary crutches should be adjusted to which of the following heights?
 - a. One inch below the axilla
 - b. Flush with the axilla
 - c. Two inches below the axilla
 - d. Four inches below the axilla
- _____ 7. A patient with a sprained wrist and a broken ankle would use which type of mobility device?
 - a. Walker
 - b. Axillary crutches
 - c. Lofstrand crutches
 - d. Platform crutches