

Heat Injuries Exam

1. Sweat contains what electrolytes:
 - A. Sodium and magnesium.
 - B. Potassium and Chloride
 - C. Sodium Chloride
 - D. Potassium Chloride
2. In cooling a patient suspected of having heat stroke, be careful not to let the patient become chilled because:
 - A. You will lower the temperature too fast.
 - B. It is more difficult to warm a patient after chilling.
 - C. Shivering raising the body temperature.
 - D. The patient may become nauseated.
3. Placing your patient on a cool plastic stretcher is an example of which mechanism of dissipation?
 - A. Conduction
 - B. Convection
 - C. Radiation
 - D. Evaporation
4. You are dispatched to the football field in mid August for a fainting. Upon arrival, you find an 18-year-old male confused, dizzy, weak and body temperature of 105.2 degrees. You should suspect:
 - A. Heat Cramps
 - B. Heat exhaustion
 - C. Heat stroke
 - D. Dehydration Syndrome

5. If the temperature outside is 107 degrees, which method of heat dissipation is most effective?
- A. Convection
 - B. Radiation
 - C. Conduction
 - D. Evaporation
6. Which type of heat stroke is more likely to exist when the patient is 65 years old has schizophrenia and taken Lasix.
- A. Classic
 - B. Marginal
 - C. Exertional
 - D. Extreme
7. The last few days the temperature has been almost 100 degrees. You are dispatched to a sick call with no other information. Upon arrival your 68 year old patient presents with the following history: 2 day history of diarrhea, fatigue and weakness. Upon examination you find: Elevated body temperature, pale skin and a weak pulse. He also admits to taking Lasix 40mg BID. You should suspect:
- A. Heat cramps
 - B. Heat stroke
 - C. Heat exhaustion
 - D. Lasix toxicity
8. Heat cramps usually come on _____, and can signal oncoming _____.
- A. gradually, heat exhaustion
 - B. suddenly, heat stroke
 - C. suddenly, hat exhaustion
 - D. gradually, heat stroke

9. Which is the least common of all heat related injuries:

- A. Heat cramps
- B. Heat exhaustion
- C. Heat stroke
- D. All are equally common

10. For heat cramps, you should:

- A. Give high concentration oxygen by face mask-15 L/minute flow-to treat accompanying shock
- B. Remove or loosen as much clothing as possible
- C. Administer salt pills
- D. Have the patient move around to alleviate the cramps.