# CPR-C Practice Test

(See answers below. The official CPR test is multiple choice and around 20 questions)

## High-Quality CPR

1. When do you do CPR?
2. How many compressions per minute for ADULT, CHILD, and INFANT CPR?
3. How deep are the compressions for ADULTS?
4. How deep are the compressions for CHILDREN?
5. How deep are the compressions for INFANTS?
6. Why should you allow full chest recoil during CPR?
7. How do you perform CPR on an ADULT?
8. How do you perform CPR on a CHILD?
9. How do you perform CPR on an INFANT?
10. After how many minutes should you alternate the compressor role?
11. Why is it extra important to give breaths to children and infants during CPR?
12. What is the full sequence of events for an adult who is unconscious and not breathing, starting from checking the scene?

## Breaths

1. How do you know if the breath goes into the lungs?
2. How do you open an infant’s airway to give breaths?
3. What happens if you force too much air into a patient?

## Pocket masks

1. How do you create a seal with a pocket mask during CPR?
2. How do you use a pocket mask during CPR?

## Age Range

1. What age are you an ADULT?
2. What age are you a CHILD?
3. What age are you an INFANT?

## Choking

1. What should you do if a conscious adult or child is choking and still coughing?
2. What should you do if a conscious infant is choking and coughing?
3. What should you do if a conscious adult or child is choking and can no longer cough?
4. What should you do if a conscious infant is choking and can no longer cough?
5. What should you do if a pregnant woman is choking and can no longer cough?
6. What should you do if a person in a wheelchair is choking and can no longer cough?
7. What should you are alone and choking?
8. What should you do if a choking adult, child, or infant becomes unconscious?

## AED

1. Where do you place the AED pads on an ADULT?
2. Where do you place the AED pads on an CHILD?
3. Where do you place the AED pads on an INFANT?
4. What does the AED do to the heart during shockable rhythms?
5. How can you use an AED if someone is submerged underwater?
6. What should you do during AED analyzing phase? What should you do during AED shock phase?
7. What are some common complications with applying the AED pads?
8. How do you use AED on someone with a pacemaker?

## Cardiac arrest

1. What is cardiac arrest?
2. What does cardiac arrest look like?
3. What should you do when someone is in cardiac arrest?

## Agonal respirations

1. What are agonal respirations?
2. When do agonal respirations occur?
3. What should you do when you see agonal respirations?

## Opioids

1. What does opioid overdose look like?
2. How do you die from opioid overdose?
3. What do you give someone who is overdosing?

**High-Quality CPR**

1. **When do you do CPR?**
	* CPR (Cardiopulmonary Resuscitation) is performed when a person is unresponsive, not breathing, or only gasping for air, indicating cardiac arrest.
2. **How many compressions per minute for ADULT, CHILD, and INFANT CPR?**
	* The recommended rate is at least 100 to 120 compressions per minute for adults, children, and infants.
3. **How deep are the compressions for ADULTS?**
	* Compressions should be at least 2 inches (5 cm) deep for adults.
4. **How deep are the compressions for CHILDREN?**
	* Compressions should be about 2 inches (5 cm) deep, or one-third the depth of the chest, for children.
5. **How deep are the compressions for INFANTS?**
	* Compressions should be about 1.5 inches (4 cm) deep, or one-third the depth of the chest, for infants.
6. **Why should you allow full chest recoil during CPR?**
	* Full chest recoil allows the heart to refill with blood between compressions, which is essential for creating the blood flow needed to deliver oxygen to the body's organs, including the brain.
7. **How do you perform CPR on an ADULT?**
	* Ensure the scene is safe. Check for responsiveness. Call for emergency help and retrieve an AED if available. Start chest compressions in the center of the chest, pushing down at least 2 inches deep at a rate of 100-120 per minute. After 30 compressions, open the airway with a head-tilt, chin-lift maneuver and give 2 breaths, watching for chest rise. Continue the cycle of 30 compressions and 2 breaths.
8. **How do you perform CPR on a CHILD?**
	* Follow the same steps as for an adult. Use one or two hands for compressions depending on the size of the child, ensuring compressions are about 2 inches deep.
9. **How do you perform CPR on an INFANT?**
	* Use two fingers to deliver compressions just below the nipple line. Press down about 1.5 inches deep. After 30 compressions, use a head-tilt, chin-lift maneuver to open the airway, and cover the infant's mouth and nose with your mouth to give 2 gentle breaths.
10. **After how many minutes should you alternate the compressor role?**
	* It is recommended to switch the compressor role every 2 minutes to prevent fatigue and ensure the quality of compressions remains high.
11. **Why is it extra important to give breaths to children and infants during CPR?**
	* Because respiratory issues often cause cardiac arrest in children and infants, providing breaths is critical to ensure they receive adequate oxygen to their lungs and organs, which can be more crucial for their survival compared to adults.
12. **What is the full sequence of events for an adult who is unconscious and not breathing, starting from checking the scene?**
	* Check the scene for safety.
	* Check the person for responsiveness and breathing.
	* Call or have someone call for emergency help and retrieve an AED.
	* Begin CPR with chest compressions (30 compressions to 2 breaths).
	* Open the airway using the head-tilt, chin-lift maneuver for breaths.
	* Continue CPR until the person shows signs of life, an AED is ready to use, you are too exhausted to continue, or professional help takes over.

**Breaths**

1. **How do you know if the breath goes into the lungs?**
	* You will see the chest rise with each breath given. If the chest does not rise, recheck the airway to ensure it is properly opened and reattempt the breath.
2. **How do you open an infant’s airway to give breaths?**
	* Use the head-tilt, chin-lift maneuver, but be careful not to tilt the head too far back, as this can block the airway. A slight tilt is sufficient for infants.
3. **What happens if you force too much air into a patient?**
	* Forcing too much air can lead to gastric inflation, which increases the risk of vomiting and aspiration. It can also cause damage to the lungs and decrease the effectiveness of ventilation by not allowing enough air to enter the lungs.

**Pocket Masks**

1. **How do you create a seal with a pocket mask during CPR?**
	* Place the mask over the patient's face, ensuring the pointed end of the mask is on the nose and the rounded end is on the chin. Use the bridge of your hand on the mask's top (over the nose area) and your fingers to lift the jaw into the mask, creating a tight seal. Ensure your hand's position does not obstruct the mask's valve.
2. **How do you use a pocket mask during CPR?**
	* After creating a seal with the mask on the patient's face, take a normal breath, and blow into the one-way valve for about 1 second to make the chest visibly rise. Maintain the seal and allow for passive exhalation before giving the next breath. Continue chest compressions and ventilation as per CPR protocol.

**Age Range**

1. **What age are you an ADULT?**
	* In the context of CPR, an individual is considered an adult at puberty (around 12 years) and above. For an AED, anyone above 8 years old should use adult pads.
2. **What age are you a CHILD?**
	* A child is considered to be anyone from 1 year of age up to but not including puberty (around 12 years of age). For an AED, anyone above 8 years old should use adult pads.
3. **What age are you an INFANT?**
	* An infant is defined as a child under 1 year of age.

**Choking**

1. **What should you do if a conscious adult or child is choking and still coughing?**
	* Encourage them to continue coughing. Coughing is the most effective way to dislodge the object. Monitor closely and be ready to act if the situation worsens.
2. **What should you do if a conscious infant is choking and coughing?**
	* Keep a close eye on the infant and encourage coughing if they are able to do so. Be prepared to take action if the coughing is not effective in clearing the airway.
3. **What should you do if a conscious adult or child is choking and can no longer cough?**
	* Perform the Heimlich maneuver (abdominal thrusts) for adults and children old enough to stand. Stand behind them, wrap your arms around their waist, place a fist above their navel, and pull inward and upward sharply. Alternatively, you can perform 5 abdominal thrusts and 5 back blows.
4. **What should you do if a conscious infant is choking and can no longer cough?**
	* Perform back slaps and chest thrusts. Hold the infant face down on your forearm, supported by your thigh, and give 5 back slaps between their shoulder blades. Then, turn the infant over and give 5 chest thrusts using two fingers in the center of their chest.
5. **What should you do if a pregnant woman is choking and can no longer cough?**
	* Perform chest thrusts instead of abdominal thrusts. Place your hands in the center of her chest and press hard and fast until the obstruction is cleared.
6. **What should you do if a person in a wheelchair is choking and can no longer cough?**
	* If the person can stand, assist them to do so and perform the Heimlich maneuver. If they cannot stand, lean them forward as much as possible and give back blows or try chest thrusts if back blows are not effective.
7. **What should you do if you are alone and choking?**
	* Attempt to perform the Heimlich maneuver on yourself by using a firm surface like the back of a chair, edge of a table, or countertop. Thrust your abdomen against the edge to dislodge the object.
8. **What should you do if a choking adult, child, or infant becomes unconscious?**
	* Call for help, lay the person flat on their back, and begin CPR. Look inside the mouth before giving breaths and remove any visible obstruction. If the breath does not make the chest rise, reposition the head, try another breath, and continue CPR.
9. **Where do you place the AED pads on an ADULT?**
	* Place one pad on the right upper chest, just below the collarbone, and the other pad on the left side of the chest, below the armpit. The pads should be positioned so that they do not touch each other.
10. **Where do you place the AED pads on a CHILD?**
	* Use the same placement as for adults: one pad on the right upper chest and the other on the lower left side of the chest. For very small children or infants, if the pads risk touching, place one pad in the center of the chest and the other on the back between the shoulder blades.
11. **Where do you place the AED pads on an INFANT?**
	* Place one pad on the center of the chest and the other pad on the back, between the shoulder blades. This is known as the anterior-posterior placement.
12. **What does the AED do to the heart during shockable rhythms?**
	* The AED delivers an electrical shock to the heart, which can terminate a chaotic, abnormal rhythm and allow the heart's natural pacemaker to resume a normal rhythm.
13. **How can you use an AED if someone is submerged underwater?**
	* You cannot use an AED while the person is in water. Remove the person from the water, dry the chest area thoroughly, and ensure that you, the patient, and the AED are not in standing water before attaching the pads and using the device.
14. **What should you do during AED analyzing phase? What should you do during AED shock phase?**
	* During the analyzing phase, ensure no one is touching the patient, and say "STAND CLEAR." During the shock phase, confirm everyone is clear of the patient, announce the shock, and press the shock button if the AED is manual. For automatic AEDs, ensure everyone remains clear of the patient.
15. **What are some common complications with applying the AED pads?**
	* Complications can include pad misplacement, inadequate skin contact (due to hair, moisture, or medical patches), and interference from jewelry or clothing. Removing hair, drying the skin, and removing obstacles can mitigate these issues.
16. **How do you use AED on someone with a pacemaker?**
	* If the person has a pacemaker, avoid placing the AED pad directly over the pacemaker site (usually visible as a small lump under the skin on the upper chest). Place the pad at least one inch away from the pacemaker if possible.

**Cardiac Arrest**

1. **What is cardiac arrest?**
	* Cardiac arrest occurs when the heart suddenly stops beating effectively, leading to a cessation of blood flow to the brain and other vital organs.
2. **What does cardiac arrest look like?**
	* Signs include sudden loss of responsiveness, no normal breathing (the victim may have absent or abnormal breathing such as agonal respirations), and no signs of circulation (e.g., no pulse).
3. **What should you do when someone is in cardiac arrest?**
	* Immediately call for emergency medical services, start CPR with chest compressions, and use an AED as soon as it is available. Continue CPR until emergency help arrives or the person shows signs of life.

**Agonal Respirations**

1. **What are agonal respirations?**
	* Agonal respirations are irregular, gasping breaths that can occur after cardiac arrest. They are not effective breaths and are a sign of severe distress.
2. **When do agonal respirations occur?**
	* They typically occur shortly after cardiac arrest as a reflexive action of the body, not effective breathing.
3. **What should you do when you see agonal respirations?**
	* Recognize it as a sign of cardiac arrest, begin CPR immediately, and use an AED as soon as possible. Treat agonal respirations as if the person is not breathing at all.

**Opioids**

1. **What does opioid overdose look like?**
	* Symptoms include pinpoint pupils, unconsciousness or inability to wake up, weak or no breathing, limp body, and pale, blue, or cold skin.
2. **How do you die from opioid overdose?**
	* Death from an opioid overdose typically results from respiratory failure. Opioids depress the body's urge to breathe, potentially leading to hypoxia, brain damage, and death.
3. **What do you give someone who is overdosing?**
	* Administer naloxone (Narcan) if available. Naloxone is an opioid antagonist that can rapidly reverse the effects of an opioid overdose. Follow up with emergency medical care immediately.

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