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# Emergency Care and Disaster Preparation

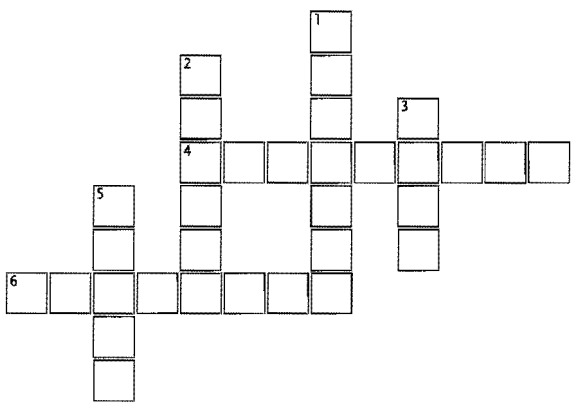
## 1. Demonstrate how to recognize and respond to medical emergencies

**Crossword**  
*Across*

- 4. Being mentally alert and having awareness of surroundings, sensations, and thoughts
- 6. In addition to completing an incident report, action the home health aide should take after the emergency is over

*Down*

- 1. Type of wound that is considered a medical emergency
- 2. After assessing the situation, what the person who responds to a medical emergency must assess
- 3. In addition to checking for danger, noticing this is part of assessing the situation during a medical emergency
- 5. The opposite of opinions; they need to be reported when documenting an emergency



## 2. Demonstrate knowledge of first aid procedures

**Multiple Choice**

- 1. How can someone usually tell if a person is choking?  
(A) The choking victim will tell the person.  
(B) The choking victim will ask for food.  
(C) The choking victim will put his hands to his throat.  
(D) The choking victim will throw up.
- 2. How does a rescuer obtain consent to give a choking victim abdominal thrusts?  
(A) The rescuer asks the victim's spouse to sign a consent form.  
(B) The rescuer calls a family member to ask, "May I treat this person?"  
(C) The rescuer asks an attorney first.  
(D) The rescuer asks the victim, "Are you choking?"
- 3. Signs of shock include  
(A) Pale or bluish skin  
(B) Lack of thirst  
(C) Happiness  
(D) Relaxation
- 4. If a home health aide suspects that a client is having a heart attack, she should  
(A) Give the client something cold to drink  
(B) Loosen the clothing around the client's neck  
(C) Encourage the client to walk around  
(D) Leave the client alone to rest

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5. To control bleeding, a home health aide should
  - (A) Use her bare hands to stop it
  - (B) Lower the wound below the level of the heart
  - (C) Hold a clean towel or cloth against the wound and press down hard
  - (D) Give the client an aspirin
6. To treat a minor burn, the home health aide should
  - (A) Use antibacterial ointment
  - (B) Use grease, such as butter
  - (C) Use ice water
  - (D) Use cool, clean water
7. Which of the following is true of assisting a client who is having a seizure?
  - (A) The home health aide should give the client a cup of water.
  - (B) The home health aide should hold the client down if the client is shaking.
  - (C) The home health aide should move furniture away to prevent injury to the client.
  - (D) The home health aide should open the client's mouth to move the tongue to the side.
8. If a client faints, the home health aide should
  - (A) Lower the client to the floor
  - (B) Position the client on his side
  - (C) Perform CPR
  - (D) Help the client stand up immediately
9. If a client has a nosebleed, what should be the first step that the home health aide takes?
  - (A) Report and document the incident.
  - (B) Apply pressure consistently until the bleeding stops.
  - (C) Apply a cool cloth on the back of the neck, the forehead, or the upper lip.
  - (D) Elevate the head of the bed or tell the client to remain in a sitting position.

10. If a client falls, the home health aide should
  - (A) Wait until the end of the day to assess the client before reporting the fall
  - (B) Ask the client to get up and try to walk if possible
  - (C) Contact her supervisor to report the fall
  - (D) Begin doing range of motion exercises while the client is on the floor

### 3. Identify emergency evacuation procedures

#### Short Answer

List five ways to plan for an emergency evacuation.

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### 4. Demonstrate knowledge of disaster procedures

#### Multiple Choice

1. A disaster kit should be assembled before disaster strikes. Disaster supplies include
  - (A) A change of clothing
  - (B) A television set
  - (C) Cosmetics and a hair dryer
  - (D) Three pairs of shoes
2. In a disaster, a home health aide can stay informed by
  - (A) Running out to buy a newspaper
  - (B) Going outside to talk to his neighbors
  - (C) Listening to a radio
  - (D) Calling governmental agencies

3. If a disaster is forecast, a home health aide can be prepared by
  - (A) Doing her laundry
  - (B) Cleaning her house
  - (C) Knowing how to start a fire
  - (D) Wearing appropriate clothing and shoes
4. In the event of a tornado, it is best to
  - (A) Seek shelter inside a steel-framed or concrete building
  - (B) Stand flat against the wall next to the windows
  - (C) Seek shelter in a mobile home
  - (D) Seek shelter outside in a tree or bush
5. In case of lightning, it is best to
  - (A) Find water and stay in the water
  - (B) Stand by the largest tree in the area
  - (C) Stand underneath a tall metal object
  - (D) Seek shelter in a building
6. In case of floods, it is best to
  - (A) Fill the bathtub with fresh water
  - (B) Drink flood water to stay hydrated
  - (C) Put electrical equipment in flood water to avoid fires
  - (D) Turn off the gas by yourself
7. In case of earthquakes, it is best to
  - (A) Stand on a tall piece of furniture to get as high as possible
  - (B) Go outside to find the closest tall building
  - (C) Stop under an overpass if in a car until the shaking stops
  - (D) Get under a sturdy piece of furniture
8. In case of an active shooter, it is best to
  - (A) Run outside to find a safe place to hide
  - (B) Keep your phone ringer on in case police or family members need to contact you
  - (C) Secure the door by moving a piece of heavy furniture in front of it
  - (D) Find and confront the shooter

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