2015 ACLS Guidelines Quiz

1 - Which statement is true:
   a. During CPR a compression rate of approximately 100/min should be maintained.
   b. During CPR a compression rate of at least 100/min should be maintained.

2 - During CPR a compression depth of at least _____is required in adults.
   a. 1 ½ -2 inches
   b. 1 ½ inches
   c. 2 inches
   d. 2 ½ inches

3 - The BLS sequence for CPR changed from A-B-C to C-A-B.
   a. True
   b. False

4 - The 2010-2015 guidelines added a 5th link in the AHA ECC Adult Chain of Survival. This addition was:
   a. Integrated post-cardiac arrest care
   b. Rapid defibrillation
   c. Effective advanced life support
   d. Early CPR with emphasis on chest compressions

5 - High Quality CPR includes all of the following except:
   a. Allowing for complete chest recoil after each compression
   b. Minimizing interruptions in chest compressions
   c. Ensuring a 15:2 compression to ventilation ratio
   d. Avoiding excessive ventilation

6 - In the A-B-C sequence which of the following would often delay chest compressions?
   a. opening the airway to give rescue breaths
   b. retrieving a barrier device
   c. assembling ventilation equipment
   d. all of the above

7 - Healthcare providers are encouraged to tailor rescue actions to the most likely cause of arrest.
   a. True
   b. False

8 - Look, listen, and feel followed by two rescue breaths has been removed from the BLS Survey to promote earlier initiation of chest compressions.
   a. True
   b. False
9 - Chest compressions should be stopped while the manual defibrillator is charging.
   a. True
   b. False

10 - All 4 electrode pad placement positions have been shown to be equally effective to treat atrial and ventricular arrhythmias. Which placement position is the default position for pad placement?
   a. anterior-posterior
   b. anterior-right infrascapular
   c. anterior-lateral
   d. anterior-left infrascapular

11 - The recommended initial biphasic energy dose for cardioversion of unstable atrial fibrillation changed. The new range is ___________.
   a. 120-200 J
   b. 100-200 J
   c. 50-100 J
   d. 100-150 J

12 - A precordial thump may be considered for patients with witnessed, monitored, unstable VT if a defibrillator is NOT immediately available for use.
   a. True
   b. False

13 - AHA guidelines recommended adenosine be given how many times when using the tachycardia algorithm?
   a. 1
   b. 2
   c. 3
   d. repeat until conversion

14 - Atropine is no longer recommended for routine use in the management of PEA and asystole.
   a. True
   b. False

15 - When using waveform capnography during CPR what (end-tidal CO2) ETCO2 value would most likely indicate a return of spontaneous circulation (ROSC)?
   a. 10-20 mmHg
   b. >80 mmHg
   c. 35-40 mmHg
   d. 5-10 mmHg
16 - Which is now recommended for confirming placement of the endotracheal tube after intubation?
   a. exhaled carbon dioxide detector
   b. continuous waveform capnography
   c. oxygen saturation monitor
   d. esophageal detector device

17 - Which of the following can be monitored with quantitative waveform capnography?
   a. effectiveness of chest compressions
   b. detection of return of spontaneous circulation (ROSC)
   c. confirmation of endotracheal tube placement
   d. all of the above

18 - The 2010-2015 ACLS guidelines simplified and streamlined the cardiac arrest algorithm to emphasize the importance of:
   a. high quality CPR
   b. minimally interrupted CPR
   c. early intubation
   d. drug therapy
   e. both 1 and 2

19 - Desired target temperature for therapeutic hypothermia in the post-cardiac arrest phase is _______________.
   a. 25-36 C
   b. 32-34 C
   c. <32 C
   d. <30 C

20 - Adenosine is now recommended in the initial diagnosis and treatment of unstable irregular wide-complex tachycardia.
   a. True
   b. False

21 - In the bradycardia algorithm, what is now recommended as an equally effective alternative to transcutaneous pacing?
   a. CPR
   b. epinephrine or dopamine infusion
   c. atropine
   d. pounding on the chest

22 - When using waveform capnography, what is the desired level of end-tidal CO2 that indicates adequate chest compressions during CPR?
   a. >20mm Hg
   b. >10 mmHg
   c. >5 mmHg
   d. between 20-30 mmHg
23 - The “BLS termination of resuscitation rule” was established to consider terminating BLS support before ambulance transport if which of the following criteria are met?
   a. unwitnessed arrest by first responder or EMS provider
   b. No ROSC after 3 complete rounds of CPR and AED analyses
   c. No AED shocks delivered
   d. all of the above

24 - 2010 guidelines state that cricoid pressure should not be used routinely during cardiac arrest.
   a. True
   b. False

25 - Providers giving chest compressions should be switched every _____ minute(s) to avoid fatigue.
   a. 1
   b. 2
   c. 3
   d. 4
   e. 5