

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