

McHenry Western Lake County EMS System
Musculoskeletal Trauma Review
Fall 2021- Quiz

NAME: _____ DATE: _____ DEPARTMENT: _____

1. A strain mostly affects which of the following tissues:
 - a. Muscle or tendon
 - b. Ligament
 - c. Bone
 - d. Cartilage

2. Tendonitis is a common orthopedic disorder that involves the inflammation of a tendon:
 - a. True
 - b. False

3. The acronym R.I.C.E. stands for?
 - a. Rest, Inflammation, Circulation, Evisceration
 - b. Repair, Ice, Circulation and Elevation
 - c. Rest, Ice, Compression, Elevation
 - d. Restrict, Inject, Coagulate, Entrap

4. Crush syndrome predominantly affects the kidneys leading to renal failure, but can be identified in the field with the following signs:
 - a. Acute respiratory distress
 - b. Arrhythmias
 - c. Low blood pressure
 - d. Both A & B

5. Compartment syndrome develops when swelling or bleeding occurs within a compartment. This can cause/result in:
 - a. Increased pressure on the capillaries
 - b. Increased pressure to the heart
 - c. Disruption of blood flow to a muscle
 - d. Both A & C

6. The clinical presentation of a patient with compartment syndrome may include which of the following:
 - a. Painful Urination
 - b. Poikilothermia
 - c. Pain
 - d. Both B & D

7. Poikilothermia is defined as
 - a. a kidney disorder affecting electrolyte balance
 - b. a specific injury to the soft tissue of the extremity
 - c. differing temperatures between limbs with the affected side being cooler
 - d. a rare blood disorder

McHenry Western Lake County EMS System
Musculoskeletal Trauma Review
Fall 2021- Quiz

8-12. List the 5 "P's" of Compartment Syndrome:

- 8. _____
- 9. _____
- 10. _____
- 11. _____
- 12. _____

13.. Our protocol states that you should transport amputations above the wrist or ankle to a replantation center if ground transport times are:

- a. ≤30 minutes
- b. ≤10 minutes
- c. Greater than 45 minutes

14. The proper care for a severed or amputated part would be to:

- a. Leave gross debris in place
- b. Irrigate the amputated part
- c. Remove gross debris, but not tissue and withhold irrigation
- d. submerge the amputated part in ice

15. Caring for an amputated part would include all of the following **except**:

- a. Place in a water-proof container and seal
- b. Surround the container with cold packs
- c. Note the time cooling began
- d. Freeze or Overcool the tissue

16, You respond to a printing factory where a 27-year-old male had his hand crushed in a printing press. Upon arrival to the scene, you note the pts hand has been freed from the machine and has obvious crush deformity. When assessing the patient you note peaked T- waves on his EKG with wide QRS. His vitals are as follows: BP 112/76 Pulse 116 Respirations 24 Spo2 95% on nasal cannula. An 18g IV is established in the pts left AC, fluid bolus is being administered and pain management medication is being administered. What would your next course of treatment be ?

- a. Rapid transport
- b. Albuterol 2.5 mg continuous neb up to 10 mg
- c. IV NS up to 2 L over 1st 90 minutes following the release unless contraindicated.
- d. Sodium Bicarbonate 50 mEq slow IVP over 5 minutes followed by 20 mL NS IV flush

If you ARE a member of our EMS System, your credit will be added to your Image Trend record. Please refer to Image Trend to see your current list of continuing education credits. Any questions regarding this can be addressed to Cindy Tabert at 224-654-0160. Please scan your quiz to Cindy Tabert by email to cynthia.tabert@nm.org

If you are NOT a member of the McHenry Western Lake County EMS System, Please include your address on each optional quiz turned into our office. Our mailing address is: Northwestern Medicine – McHenry Hospital EMS, 4201 Medical Center Drive, McHenry, Illinois 60050. We will forward verification of your continuing education hours to your home address.