

Name: _____

Patrol Name: _____ NSP membership number: _____

2021 OEC Cycle B Workbook Writeable PDF Answer sheet: When completed, you may print and take to your refresher. Or if allowed by your IOR, save and email the document to the IOR.

1. List the appropriate steps for inserting an OPA (SIC). List the appropriate steps for inserting an NPA (SLIC).

OPA (SIC)

- a. _____
 b. _____
 c. _____

NPA (SLIC)

- a. _____
 b. _____
 c. _____
 d. _____

2. Label the parts of the oxygen tank assembly. Refer to page 13 of the workbook

1. _____
 2. _____
 3. _____
 4. _____
 5. _____

3. Assisting with Childbirth: Referring to the photos on pages 368 and 369 of OEC 6th edition; number the following steps in correct order:

- _____ delivery of the body
 _____ cut cord
 _____ crowning
 _____ suction as needed
 _____ delivery of placenta
 _____ delivery of the head

4. Briefly describe the management of a patient with abdominal and pelvic trauma.

5. Stabilizing the pelvis: Match the following steps with the correct photo on page 23 of the workbook.

- _____ Lift the knees approximately 6 to 8 inches or the position of comfort and place a blanket___ or other padded material under the knees prior to strapping the patient down.
- _____ Lift the patient carefully into the toboggan or transport device. Again, a bridge lift is best.
- _____ Perform a bridge lift. Place the patient on top of the sheet or the commercial binder so it is 1 to 2 inches below the iliac crests. Logroll only if absolutely necessary since doing so can cause more internal bleeding.
- _____ Finish securing the patient to the backboard or stretcher.
- _____ Prepare the commercial pelvic binder or folded sheet and place it beside the patient on the backboard, or stretcher, that is being used as a litter. Place it where the supine patient's pelvis will be. If possible, dig out the snow or material under the pelvis and slide the device under the patient and apply.
- _____ Because this is a distracting injury, apply a collar and head blocks and use SMR (with the padding under the knees).
- _____ Fasten the binder: a) *If using a sheet*, draw the two ends of the sheet together over the symphysis pubis, compressing the hips (greater trochanters) together. Then tie the sheet ends together snugly using an overhand knot. Plastic ties are in some cases better than using an overhand knot if available.

6. Using the photos on page 26 of the workbook, indicate which items are suitable to treat heat-related illnesses, by placing the corresponding numbers under each photo. Some may be used more than once.

- Not suitable = 0
- Heat syncope = 1
- Heat cramps = 2
- Heat exhaustion = 3
- Heat stroke = 4

- a. Provide shade _____
- b. Alcoholic beverages _____
- c. Call 911 _____
- d. Drink water _____
- e. Ice packs _____
- f. Cold beer _____
- g. Drink water with salt added _____
- h. Immerse in water _____
- i. Sports drinks _____
- j. Shade with umbrella or tarp _____
- k. Assist with epi pen _____
- l. Direct sunlight _____

Case Review: After the Patrol arrived what did they do to help me? Be prepared to discuss at your refresher. Use the space below to jot down notes.
