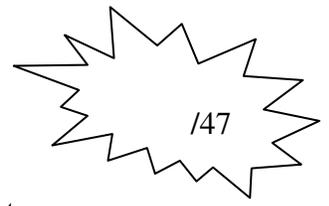


**GRADE 9 – CHOKING &
CPR OPEN-BOOK TEST**



Name

Period

You may use your own CPR manual but do not have to in order to complete this test.

Knowledge/Understanding (_____/50)

TRUE OR FALSE: *Read each statement then circle the letter “T” for true or “F” for false.*

True False

- 1) T F To check if a person’s heart is beating we used the “look, listen and feel” technique.
- 2) T F The heart is the spot in our bodies where oxygen and carbon dioxide are exchanged.
- 3) T F A person with a partial blockage of the airway should be given the Heimlich manoeuvre.
- 4) T F Angina is the result of a temporary block of a coronary artery or vein.
- 5) T F The depth of compressions performed on an adult should be 1½ to 2 inches (3 – 5 cm).
- 6) T F To perform the “Heimlich” on a conscious person properly, you should stand behind the victim with one of your feet between theirs.
- 7) T F The first link in the chain of survival is “early access.”
- 8) T F The CPR course we are learning teaches us the 4 “R’s” of CPR.
- 9) T F Defibrillation is an abnormal heart beat which doesn’t pump blood well.
- 10) T F One cycle of breaths and chest compressions should be completed in about 2 minutes.

FILL IN THE BLANK: *Neatly write your answer in the space provided.*

- 1) “CPR” stands for: _____ {1 mark}
- 2) In this CPR course “ABC” stands for something. Write the words that corresponds to each letter.
A - _____ {1 mark}
B - _____ {1 mark}
C - _____ {1 mark} Bonus: D - _____
- 3) Hypertension is not about being hyper. It refers to _____ (2 words).
{1 mark}
- 4) The blood vessel that delivers blood to the heart muscle is called the _____ artery. {1 mark}
- 5) Brain cells begin to die after _____ to _____ minutes. {1 mark}

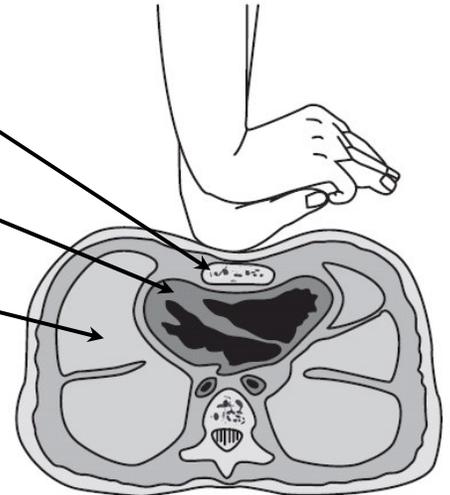
6) We had 10 things to do during our CPR practical test. Place these four “descriptors” in order according to what we learned in class. What would come first, second, etc. {4 marks}

“Turn on AED” “Head tilt, chin lift” “Give 2 check breaths” “Look Listen & Feel”

- 1) _____
- 2) _____
- 3) _____
- 4) _____

4) The picture at the right shows a “slice” through someone who is having CPR performed on them. Identify each part. {3 marks}

- a)
- b)
- c)



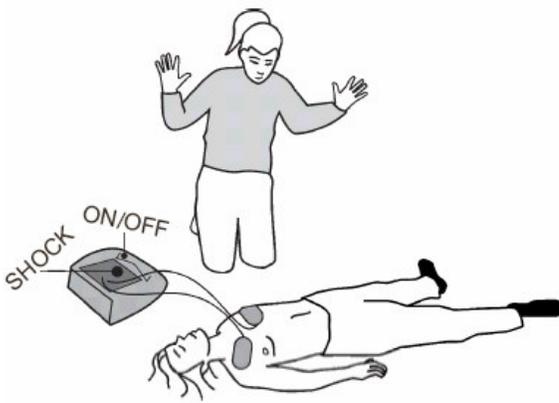
SHORT ANSWER: Use complete, grammatically correct sentences to answer each question. Keep It NEAT!

1) Describe the situation depicted at the right. Include at least four (4) important points a person should know about this situation. {5 marks}



2) How do we “avoid the ziphoid?” during chest compressions. Give a detailed description. {2 marks}

3) You are a doctor lecturing to a group of first year medical students at the University of Ottawa. Your topic today is heart disease. Write down a script you would say to the students if you were discussing the major **controllable risk factors** of heart disease. [you must include at least 3] {4 marks}



4) Describe the events that have occurred prior to the step displayed at the left. Then detail what will happen next. {6 marks}

5) What are the 4 R's and 5 P's? {9 marks}

- R - _____
- R - _____
- R - _____
- R - _____

- P - _____
- P - _____
- P - _____
- P - _____
- P - _____