

## AP Upskilling Programme – Mock Workbook Questions with Answers

### Question 1

A 22 year old man with a long history of asthma stopped taking his prescribed medication 3 weeks ago. He has become progressively more short of breath over the past 4 days and now is listless, has difficulty speaking, his respiratory rate is 38, his saturation rate is 90% and he has minimal breath sounds on auscultation of his lungs. You proceed to treat him as per the PHECC 3<sup>rd</sup> edition CPG and his mother asks you to grade the severity of this exacerbation of asthma:

A) Moderate      B) Severe      C) Life-threatening      ANSWER \_\_\_\_\_      (2 Marks)

She asks about the new medications you are using. Complete the following:

#### Ipratropium Bromide

State the dose and route of administration \_\_\_\_\_ (1 Mark)

Can it be repeated? \_\_\_\_\_ YES or NO (1 Mark)

List 2 possible side-effects 1. \_\_\_\_\_ 2. \_\_\_\_\_ (1 Mark each)

#### Magnesium Sulphate

State the dose for persistent bronchospasm \_\_\_\_\_

How is this drug administered? \_\_\_\_\_ (1 Mark each)

List 2 possible side-effects 1. \_\_\_\_\_ 2. \_\_\_\_\_ (1 Mark each)

## Question 2

A 35 year old female pedestrian has collided with a medium sized van. There is a bull's eye pattern on the outside of the windscreen. She has a boggy haematoma over her right ear. There are no signs of haemorrhage. Her eyes do not open to pain but she extends her limbs to pain (decerebrate) and makes no verbal response. Her pulse is 50 bpm, respiratory rate: 24 irregular and BP 190/120 mmHg.

1. Calculate her GCS?      **E** \_\_\_/4      **V** \_\_\_/5      **M** \_\_\_/6      **GCS** \_\_\_/15 (1 Mark each)

2. Would you intubate this patient? YES or NO \_\_\_\_\_ (1 Mark)

Justify your answer \_\_\_\_\_ (1 Mark)

3. What is a likely cause for her abnormal vital signs? (2 Mark)

\_\_\_\_\_

4. What fluid regime would you follow for this patient?

A) Hartmann's Solution 250 ml IV/IO aliquots to maintain SBP 120 mmHg

B) Hartmann's solution 250ml aliquots to maintain SBP 90-100mmHg

C) IV fluids are not indicated

ANSWER \_\_\_\_\_ (1 Mark)

Justify your answer \_\_\_\_\_ (1 Mark)

### Question 3 Crush Injury

A 20 year old male farm worker has rolled his tractor. His legs are trapped underneath the wheels of the tractor and it will take 45 – 60 minutes to release him. He is alert and orientated, speaking full sentences, respiratory rate 24, saturation rate 99% on room air, heart rate 110, BP 130/80mmHg. There are no life threatening injuries on primary survey and you progress to secondary survey.

What are the components of the revised trauma score?

- A) Resp rate, Pulse and GCS
- B) Resp rate, BP and GCS
- C) Resp rate, BP and AVPU

Answer \_\_\_\_\_ (2 Mark)

His revised trauma score is 12. Is this alone a marker for multi-system trauma as per the PHECC CPG?

YES or NO \_\_\_\_\_ (1 Mark)

You decide to proceed with IV fluid therapy. What treatment regime would you use?

- A) 500ml stat then 250ml aliquots to maintain SBP 90-100mmHg
- B) 500ml stat then 250ml aliquots to maintain SBP >120mmHg
- C) 2Litres Stat
- D) 20ml/Kg

Answer \_\_\_\_\_ (2 Mark)

What intravenous fluid would you use? \_\_\_\_\_ (1 Mark)

List 4 analgesia options 1) \_\_\_\_\_ 2) \_\_\_\_\_

3) \_\_\_\_\_ 4) \_\_\_\_\_ (1/2 Mark each)

List 4 contra-indications to nitrous oxide-oxygen 1) \_\_\_\_\_ 2) \_\_\_\_\_

3) \_\_\_\_\_ 4) \_\_\_\_\_ (1/2 Mark each)

**Question 4 External Haemorrhage**

A 30 year old male factory worker has had his arm traumatically amputated below the elbow.

He is bleeding profusely.

What are the steps in controlling major external haemorrhage?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

(1 mark each)

Describe the steps in applying a tourniquet:

(1 mark each, Maximum of 5 marks)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

State one reason why low volume resuscitation (ie aiming for a SBP 90-100mmHg) is used for haemorrhagic shock: \_\_\_\_\_ (1 Mark)

**Question 5**

What is the recommended formula for calculating a child's weight?

\_\_\_\_\_ (2 Mark)

Calculate the weight of a 4 year old child \_\_\_\_\_ (2 Mark)

Match the following medications with the appropriate drug doses for children: (1 Mark each)

Letter	Medication	Letter	Medication
A	Dextrose 10%	D	Hydrocortisone – 10 year old
B	Buccal Midazolam	E	Amiodarone
C	Benzylpenicillin – 9 month old	F	Rectal Diazepam – 5 year old

Number	Dose	Number	Dose
1	300mg	4	5mg
2	5ml/Kg	5	0.5mg/Kg
3	5mg/Kg	6	100mg

Letter	Number
A	
B	
C	
D	
E	
F	