

## 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 C      (2 Marks)

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

#### Ipratropium Bromide

State the dose and route of administration 0.5mg NEB Inhaled (1 Mark)

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

List 2 possible side-effects 1. transient dry mouth 2. blurred vision  
3. tachycardia 4. headache (1 Mark each)

#### Magnesium Sulphate

State the dose for persistent bronchospasm 1.5g. How is this drug administered? IV/IO over 20 minute's (1 Mark each)

List 2 possible side-effects 1. decreased deep tendon reflexes 2. respiratory depression  
3. bradycardia 4. hypothermia (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 1/4 V 1/5 M 2/6 GCS 4/15 (1 Mark each)

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

Justify your answer either GCS>3 or Resp > 9 or does not meet CPG (1 Mark)

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

Any of Raised Intracranial Pressure/Cushings reflex/Coning/Severe brain injury

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 C (1 Mark)

Justify your answer Either a) no evidence of haemorrhage b) no hypotension or C) hypertension is body's compensatory response to maintain cerebral perfusion (1 Mark)



#### 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. PEEP
2. Apply additional dressings if not controlled
3. Depress proximal pressure point if additional dressings are unsuccessful
4. Apply tourniquet if still not controlled. (1 mark each)

Describe the steps in applying a tourniquet:

(1 mark each, Maximum of 5 marks)

1. Apply tourniquet to site
2. Do not apply directly over a joint
3. Fasten Velcro buckle
4. Twist windglass strap until arterial bleeding is controlled
5. Secure rod in place with windglass strap
6. Do not cover with clothing
7. Document time of application and location of tourniquet
8. Write Time on patients forehead with marker and capital T

State one reason why low volume resuscitation (ie aiming for a SBP 90-100mmHg) is used for haemorrhagic shock: Either displaces clot or dilutes clotting factors (1 Mark)

**Question 5**

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

\_\_\_\_\_  $(\text{Age} \times 2) + 8 \text{ Kg}$  \_\_\_\_\_ (2 Mark)

Calculate the weight of a 4 year old child  $___(4 \times 2) + 8 = 16\text{Kg}___$  (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	2
B	5
C	1
D	6
E	3
F	4