



2019 Written Exam Review

This review is designed to get you into your manual and reviewing some important facts that you will need for this year's written exam. Some of the exam questions pick up on the topics covered in this year's diagnostic exams. This reinforces these key concepts, even if the candidate does not get tested on that specific diagnostic.

First Aid

Introduction to First Aid

- What is first aid
- Gather information
- Be professional

Anatomy and Physiology

- Cells
- Anatomy
- Bones: Skeleton
- Muscles
- Respiratory system
- Circulatory system
- Pulse

Infectious Diseases and Universal Precautions

- Infectious diseases
- Universal precautions
- Personal concerns

Patient Assessment

- Overview
- Signs and symptoms
- Life threatening conditions
- Secondary assessment
- Pulse
- Blood pressure
- Skin condition
- Head to toe exam
- Documentation and notes

Oxygen

- Oxygen equipment
- Pulse oximetry

Basic Life Support

- Principles used in CPR
- Obstructed airways
- Opening airways: suction

Automated External Defibrillator (AED)

- How to use the AED
- Special considerations

Chest Injuries

- Overview of chest injuries
- Rib fractures
- Pneumothorax
- Open chest injuries

Shock and Severe Bleeding

- Signs and symptoms
- Types of shock
- Bleeding
- Internal bleeding
- Distributive shock

Head Injuries

- External head injuries
- Internal head injuries
- Concussion
- Signs and symptoms
- Treatments
- Summary

Spinal Injuries

- Mechanisms of spinal injury
- Canadian C-spine Rule
- Primary objective
- General C-spine points to remember
- Log roll
- Use of backboards

Wounds

Types of wounds
Hazards of wounds
General treatment of wounds
Specific treatment of wounds
Dental injuries
Bleeding from specific sites

Dressings, Bandages and Slings

Types of bandages
Bandages: usage and precautions
Pressure bandages
Slings: usage and precautions
Tourniquet

Fractures, Dislocations, and Soft Tissue Injuries

Types of fractures
Fracture management
Rationale for realignment
Dislocations

Immobilizing Fractures, Dislocations and Soft Tissue Injuries

Other considerations
Specific treatments
Signs and symptoms

Medical Conditions

Anaphylaxis
Epilepsy
Hyperventilation
Unresponsiveness

Environmental Injuries

Cold exposure injuries
Heat exposure injuries
Exposure to hazardous materials
Burns

Poisoning, Drug and Medication Abuse

Procedures for handling cases of poisoning
Snake bites
Drug abuse: signs and symptoms

Miscellaneous Treatments

Eye injuries
Ear and nose problems
Childbirth

Pediatric First Aid

Anatomy and physiology
Normal vital signs
Pediatric spinal care

Transporting Patients

Transporting a patient by toboggan
Transfer a patient on a backboard

Persons with Disabilities

Intellectual disabilities
Physical disabilities