

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

EXAMINATION FOR THE AWARD OF DEGREE OF BACHELOR OF SCIENCE IN
NUTRITION

HNDS 151: FIRST AID SKILLS

STREAMS: DIP. HNDS Y1S2

TIME: 2 HOURS

DAY/DATE: WEDNESDAY 16/04/2025

8.30 A.M. – 10.30 A.M.

INSTRUCTIONS:

- Answer **ALL** questions
- Do not write anything on the question paper
- **No** use of mobile phones or any other unauthorized materials
- Write your answers legibly and use your time wisely

SECTION A: MULTIPLE CHOICE QUESTIONS (20 MARKS)

1. How many compressions and breaths should you do for each cycle of CPR?
 - a. 15 compressions, 2 breaths
 - b. 30 compressions, 5 breaths
 - c. 30 compressions, 2 breaths
 - d. 15 compression, 5 breaths
2. A victim has lost a lot of blood through a deep cut in his leg. He is breathing fast and seems pale and restless. He is probably:
 - a. Having a stroke.
 - b. Having a heart attack.
 - c. Shock.
 - d. Choking.
4. Dressing and bandages are used to....
 - a) Reduce the victim's pain.
 - b) Reduce internal bleeding.
 - c) Help control bleeding and prevent infection.
 - d) Make it easier to take the victim to the hospital.
5. A nose bleed can be stopped by:
 - a. Waiting
 - b. Pinching briefly the nostrils
 - c. Give something cold to drink
 - d. Put some cotton wool into the nose

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6. Which of the following should be done for a person experiencing a heat related illness.
 - a) Keep the victim warm.
 - b) Force the victim to drink fluids.
 - c) Apply cool wet cloths.
 - d) Place the victim in warm water.
7. How can you reduce the risk of disease transmission when caring for open, bleeding wounds?
 - a. Wash your hands immediately after giving care.
 - b. Avoid direct contact with blood.
 - c. Use protective barriers such as gloves or plastic wrap.
 - d. All of the above.
8. You are caring for a victim with a burned hand. Put the hand in cool water if:
 - a. The burns are very deep
 - b. There are burns with open blisters.
 - c. The burns are minor with no open blisters.
 - d. You should put the hand in cool water for all of the above.
9. In general, a splint should be:
 - a) Loose, so that the victim can still move the injured
 - b) Snug, but not so tight that it slows circulation.
 - c) Tied with cravats over the injured area.
 - d) None of the above.
9. A victim has a large piece of glass sticking out of her leg. You should:
 - a. Leave the glass in her leg and control the bleeding.
 - b. Call your local emergency phone number.
 - c. Remove the glass and then control the bleeding.
 - d. Both a and b
10. What should be your first concern at the scene where a person has been seriously burned?
 - a. Checking the scene for safety.
 - b. Checking the victims breathing and pulse.
 - c. Calling your local emergency phone number.
 - d. Cooling the burned area.
12. Signals of head and spine injuries are:
 - a) Blood or other fluids in the ears or nose.
 - b) Unusual bumps or depressions on the head or over the spine.
 - c) Has seizures, severe headaches, or slurred speech.
 - d) Both a and b
13. Shock is a condition where:
 - a) The respiratory system fails to deliver air to the lungs.
 - b) The cardiovascular system fails to deliver blood to the heart.
 - c) The circulatory system fails to deliver blood to all parts of the body.
 - d) All of the above.

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14. Breathing emergencies may be caused from....
- Asthma or Allergic reaction
 - Hyperventilation
 - Injury to a muscle or bone in the chest
 - All of the above
15. A victim of a car accident has just vomited and now appears to be coughing up blood. He is breathing very quickly and his pulse is weak and fast. What is most likely wrong?
- He is having a seizure
 - He has internal bleeding.
 - He is having a heart attack.
 - is having a diabetic emergency
16. Snakebites can be very serious. When caring for a snakebite victim, what should you not do?
- Wash wounds.
 - Apply ice.
 - Keep bitten part still and below the heart.
 - Get professional medical care within 30 minutes.
17. A 15-year-old boy has just splashed a chemical on his face. After sending someone to call for an ambulance, you would:
- Cover the burned area.
 - Have the victim stay calm until ambulance arrives.
 - Flush the burned area with large amounts of water until the ambulance arrives.
 - Immediately drive the victim to the hospital.
18. Why should you cover burns with a clean or sterile dressing?
- To prevent infection.
 - To cool burned area.
 - To keep the burned area warm.
 - Both a and c
19. A person, who is unconscious, not breathing, has a weak pulse, needs....
- CPR
 - Hiemlick maneuver.
 - Rescue breathing.
 - Back blows and chest thrusts.
20. When caring for a victim with a bloody nose you would not.....
- Apply an ice pack to the bridge of the nose.
 - Apply pressure to upper lip just beneath nose.
 - Have the victim sit with head tilted slightly backward while pinching the nostrils together.
 - Have the victim sit with head tilted slightly forward while pinching the nostrils together

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SECTION B: SHORT ANSWER QUESTIONS (30 MARKS)

1. Explain three purposes of First Aid. [6 marks]
2. List any five types of wounds. [5 marks]
3. Discuss color codes used in prioritizing the casualties [5 marks]
4. Discuss infection prevention measures taken during the triaging of casualties. [5 marks]
5. Enumerate 4 causes of fainting. [4 marks]
6. Outline signs and symptoms of shock [5 marks]

SECTION C: LONG ANSWER QUESTIONS

[20 MARKS]

1. One of your colleagues has had an incident and has to be transported to the hospital after receiving first aid.
 - a. Differentiate between primary and secondary surveys. [2 marks]
 - b. Outline advantages and disadvantages of air transport [7 marks]
 - c. Describe the patient assessment using the acronym “**DR ABC**” [11 marks]
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