

STUDY GUIDE
for
Stress Management
Medical Terminology

1. Which of the following statements is true regarding stress?
 - a. it is a state of physical arousal
 - b. it is a state of psychological arousal
 - c. it exists to some degree in everyone
 - d. all of the above

2. Any agent or situation that causes stress is called a/an
 - a. antagonist
 - b. stressor
 - c. alarmist
 - d. none of the above

3. Which of the following is not part of the body's response to stress?
 - a. release of epinephrine and norepinephrine
 - b. pulse rate and blood pressure decrease
 - c. pupils dilate
 - d. blood glucose levels increase

4. Which of the following best describes the alarm stage?
 - a. it occurs at the first exposure to the stressor
 - b. it results in a sympathetic nervous system activation
 - c. if resistance is low the response can be overwhelming
 - d. all of the above

5. Which of the following best describes the resistance stage?
 - a. the victim is beginning to cope
 - b. vital signs return to normal
 - c. resistance to the stressor becomes stronger
 - d. all of the above

6. Which of the following best describes the exhaustion stage?
 - a. the victim can no longer adapt to the stressor
 - b. the alarm stage signs reappear
 - c. alarm stage signs are more difficult to reverse
 - d. all of the above

7. Which of the following statements is true regarding an acute stress reaction?

- a. it may occur during or immediately following a stressful incident
 - b. it may require immediate medical intervention
 - c. it may require further psychological counselling
 - d. all of the above
8. Which of the following statement is true regarding post-traumatic stress disorder?
- a. the symptoms may be physical, emotional, or behavioral
 - b. the symptoms may appear months or years following the incident
 - c. it may have a major negative influence on the rescuer's life
 - d. all of the above
9. Which of the following statements best describes the term "burnout?"
- a. burnout is unavoidable in EMS
 - b. burnout can be prevented
 - c. burnout does not affect other aspects of the paramedic's life
 - d. patient care rarely suffers as a result of paramedic burnout
10. Which of the following best describes anxiety?
- a. it is an emotional state
 - b. it is caused by stress
 - c. it results in an increase in sympathetic tone
 - d. all of the above
11. Which of the following statement is true regarding stress?
- a. a certain amount of stress produces top performance
 - b. stress can help us cope with unusual stressors
 - c. the body has the ability to adapt to stress
 - d. all of the above
12. Which of the following is not a sign or symptom of stress?
- a. heart palpitations
 - b. GI distress
 - c. increase salivation
 - d. chest pain
13. Which of the following is not a physiological effect of stress?
- a. decreased blood pressure
 - b. decreased circulation to the skin
 - c. increased blood glucose levels
 - d. pupil dilation
14. Which of the following is a way to manage stress?

- a. solicit support from coworkers
 - b. get adequate rest and sleep
 - c. get involved in things outside of EMS
 - d. all of the above
15. Which of the following is not a definition of critical incident stress debriefing?
- a. it allows emergency personnel to discuss their feelings
 - b. it reduces the impact of a critical event
 - c. it accelerates the normal recovery of rescuers
 - d. it provides psychotherapy and psychological treatment
16. During the acceptance stage, the dying patient
- a. is often devoid of feelings
 - b. is preparing to face death
 - c. is without fear and despair
 - d. all of the above
17. When informing someone of the death of a loved one, you should use the word
- a. expired
 - b. passed away
 - c. dead
 - d. none of the above
18. During the anger stage
- a. allow the patient and family to vent their feelings
 - b. understand their anger may be directed at you
 - c. don't take their remarks personally
 - d. all of the above
19. The dying patient who worries about who will make the funeral arrangement is an example of
- a. reactive depression
 - b. preparatory depression
 - c. bargaining
 - d. none of the above
20. Which of the following best describes stress and paramedic life?
- a. stress is part of the EMS world

- b. paramedics must learn to deal with stress effectively
 - c. too much stress can be physically and psychologically damaging
 - d. all of the above
21. Defense mechanisms
- a. are adaptive functions of the personality that assist us in adjusting to stressful situations
 - b. are healthy unless overused to the degree that they distort reality
 - c. are employed to seek relief of stress and may be conscious efforts or unconscious and automatic
 - d. all of the above
 - e. none of the above
22. The defense mechanism that involves a conscious or unconscious attempt to overcome real or imagined shortcomings by developing individual skills or traits to make up for those shortcomings is called
- a. repression
 - b. regression
 - c. projection
 - d. rationalization
 - e. compensation
23. The defense mechanisms that involves the return to an earlier level of emotional adjustment is called
- a. repression
 - b. regression
 - c. projection
 - d. rationalization
 - e. compensation
24. The defense mechanism that involves involuntary banishment of unacceptable ideas or impulses into the unconsciousness is called
- a. repression
 - b. regression
 - c. projection
 - d. rationalization
 - e. compensation
25. The defense mechanism that involves attributing another person or object with those thoughts, feelings, motives, or desires which are really one's own unacceptable traits is called

- a. repression
 - b. regression
 - c. projection
 - d. rationalization
 - e. compensation
26. The defense mechanism that involves inappropriately childish behavior in an adult is called
- a. repression
 - b. regression
 - c. projection
 - d. rationalization
 - e. compensation
27. The defense mechanism that involves anger with oneself but may be manifested by aggression toward others is called
- a. repression
 - b. regression
 - c. projection
 - d. rationalization
 - e. compensation
28. The defense mechanisms that involves a way of "explaining" our behavior which may be self-deceiving is called
- a. repression
 - b. regression
 - c. projection
 - d. rationalization
 - e. compensation
29. The defense mechanism that involves the redirection of an emotion from the original object to a more acceptable replacement object is called
- a. reaction formation
 - b. sublimation
 - c. denial
 - d. substitution
 - e. isolation
30. The defense mechanisms that involves conscious retention of the stressful memory, but not the feeling that accompanied it is called
- a. reaction formation
 - b. sublimation

- c. denial
 - d. substitution
 - e. isolation
31. The defense mechanisms that involves the unconscious disavowal of thoughts, feelings, wishes, or needs that are consciously unacceptable is called
- a. reaction formation
 - b. sublimation
 - c. denial
 - d. substitution
 - e. isolation
32. The defense mechanisms that involves laughing and joking in order to avoid crying and feelings of remorse or profound sadness is called
- a. reaction formation
 - b. sublimation
 - c. denial
 - d. substitution
 - e. isolation
33. The bargaining stage of death and dying
- a. is an attempt to postpone the inevitable
 - b. is a normal defense mechanism
 - c. is an attempt to reach an agreement or bargain that will prevent death
 - d. all of the above
 - e. none of the above
34. The depression stage of death and dying
- a. is an abnormal response to the inevitable
 - b. is accompanied by repressed anger and the question, "Why me?"
 - c. involves a great sense of loss that will not be alleviated by any amount of reassurance
 - d. A and B
 - e. A and C
35. Which of the following statements regarding provision of care for a terminally ill or injured patient is true?
- a. avoid discussing the terminal nature of the patient's condition
 - b. smile frequently, in a reassuring manner, and insist that the patient will soon be much better.

- c. acknowledge that the patient is very ill or injured, but do not tell the patient that you believe he is dying if the question is asked
- d. all of the above are true
- e. none of the above is true

Match the following:

- | | | | |
|-----|-------|----|---------|
| 36. | trans | a. | within |
| | supra | b. | above |
| | para | c. | across |
| | intra | d. | between |
| | inter | e. | beside |

Match the following

- | | | | |
|-----|--------|----|--------|
| 37. | arthro | a. | vessel |
| | angio | b. | bile |
| | chole | c. | muscle |
| | hepato | d. | liver |
| | myo | e. | joint |

Match the following:

- | | | | |
|-----|-----------|----|-----------------------|
| 38. | cephal | a. | head |
| | cyst | b. | little, few, or scant |
| | oligo | c. | cartilage |
| | chondr d. | d. | inflammation |
| | itis | e. | fluid filled sac |

Match the following:

- | | | |
|-----|----------------|-------------------------|
| 39. | rhinitis a. | between the ribs |
| | intercostal b. | weakness |
| | asthenia c. | discharge from the nose |
| | algia d. | pain |
| | paresis e. | incomplete paralysis |

Match the following:

- | | | | |
|-----|--------|----|---------------|
| 40. | phagia | a. | around |
| | phasia | b. | talking |
| | contra | c. | eating |
| | hemi | d. | one side |
| | peri | e. | opposite side |

Match the following:

- | | | | |
|-----|--------|----|-------------------|
| 41. | b.i.d. | a. | blood |
| | t.i.d. | b. | three times a day |
| | q.i.d. | c. | intestine |
| | entero | d. | twice a day |
| | emia | e. | four times a day |

Match the following:

- | | | | |
|-----|---------|----|----------|
| 42. | lingual | a. | fast |
| | tachy | b. | too few |
| | brady | c. | too many |
| | hypo | d. | slow |
| | hyper | e. | tongue |