

Essentials

for EMC 340 test # 2

1. earliest sign of respiratory distress: tachypnea
2. grade 2 / 6 respiratory distress :
Airway compensating
flaring of the nares
tripod / sniff position
3. define respiratory failure
grade 5 / 6
failure to O₂ the skin: cyanosis
failure to O₂ the brain: confused
failure to O₂ the muscle: floppy
4. partial upper airway obstruction:
loud inspiratory sounds
5. lower airway obstruction:
wheezing
6. define circulatory failure;
late, decompensating
inadequate tissue perfusion
decompensating shock
failure to circ. the skin: pale (or mottled)
failure to circ. the brain: confused
failure to circ. the muscle: floppy
7. lowest acceptable systolic
BP for a child > 1 :
 $70 + (\text{age} \times 2)$
8. irregularly irregular pulse
atrial fibrillation
9. very rarely irregular pulse
premature ventricular beat
10. bounding pulse
heat stroke ;
A. Regurgitation
11. slow regular pulse:
complete heart block
12. fast regular pulse :
ventricular tachycardia
13. no pulse :
ventricular fibrillation
14. neck vein distension :
left sided (not R) CHF
15. neck vein distension :
with shock
tension pneumothorax ;
cardiac tamponade ;

16. <u>late</u> signs of respiratory dysfunction	cyanosis confusion
17. unilateral dullness and faint <u>crackles</u>	pneumonia
18. rales or <u>crackles</u> in BOTH lower lung fields	congestive heart failure
19. rapid, shallow breathing:	rib fracture ; pleuritic chest pain ; shock.
20. dullness over lower lateral chest in a <u>trauma</u> patient :	hemothorax
21. dullness over lower chest in a <u>non trauma</u> patient :	pneumonia ; CHF
22. hyperresonance over <u>one</u> <u>unilateral</u> lung field (<u>traumatic</u>)	pneumothorax ; tension pneumothorax
23. hyperresonance over <u>all</u> lung fields (<u>non-traumatic</u>)	COPD ; asthma
24. <u>wet</u> crackles (<u>rales</u>) and scattered <u>wheezes</u> :	CHF
25. right-sided wheezing in a 2 year old	FB (e.g., peanut) in the right bronchus
26. S ₁	mitral valve closure ; at the beginning of systole
27. aortic valve closure : best ausculted at :	S ₂ ; at the beginning of diastole ; best ausculted at RUSB / 2 nd ICS
(28).physiologic consequences of suddenly becoming afraid, angry, or upset	epinephrine-like effects incr. heart rate incr. gastric acid incr. blood pressure incr. blood sugar
(29). effective reversal of the above physiologic consequences	deep breathing exercise (1 : 2 : 2)

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| 30. teenager with chest pain and panic attack : | hyperventilation ; or
mitral valve <u>prolapse</u> , which is NOT the same as mitral Regurg. |
| 31. wide pulse pressure
(e.g., 200 / 60) | aortic insufficiency
(or A. regurgitation) |
| 32. narrow pulse pressure
(e.g., 90 / 78) | shock ;
tension pneumothorax ;
cardiac tamponade |
| 33. Beck's triad | shock ;
neck vein distension;
absent or muffled heart sounds |
| 34. best location to auscult for the closure of the <u>pulmonic</u> valve is: | Left Upper Sternal Border / 2 nd ICS |
| 35. generation of a pulse caused by: | left ventricular contraction ;
causes S 1 |
| 36. retrospective, case control studies: | easier ;
less expensive ;
use of previously collected data ;
higher degree of speculative error ;
not randomized ;
weakest kind of research evidence ;
but good for testing a hypothesis |
| 37. prospective interventional studies: | more difficult ;
expensive ;
use of prospectively collected data ;
randomized ;
strongest kind of research evidence ;
informed consent is harder |
| 38. an epidemiologic , case study of the number of MVCs / intersection / year is an example of a : | retrospective study |
| 39. a study in which outcomes can be influenced by many factors other than those under study | retrospective study |
| 40. a study of the safety of pre hospital Naloxone is an example of a : | retrospective study |

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| 41. a study to see if MAST trousers
<i>will</i> or <i>will not</i> decrease trauma mortality
(Mattox sample size of 911) is an e.g. of a : | randomized / prospective /
interventional study ;
but NOT blinded, and NOT crossover |
| 42. junction of the right and left bronchus: | carina |
| 43. landmark for the 2 nd rib: | Angle of Louis |
| 44. landmark for the 2 nd intercostal space is: | lateral to Angle of Louis (find the 2 nd rib)
inferior to the 2 nd rib |
| 45. thought to be potentially useful and safe,
but research still inconclusive | class indeterminate |
| 46. thought to be useful and safe,
but research not 100% convincing | class II <i>b</i> |
| 47. thought to be unsafe,
with no positive research results | class III ;
unacceptable |
| 48. thought to be most often
(almost always safe) | class II <i>a</i> |
| 49. thought to be always safe, | class I ;
always acceptable |