



National Medical Certifications Services, Inc.

**Trauma Life Support – Pre-Hospital  
(TLS-P)  
Preparatory Materials**

1. A high-risk bodily fluid for spreading infection is blood.
2. Items that can reduce the spread of infection include masks, gloves, and eye shields.
3. Parts of the upper airway include the nose, mouth, sinuses.
4. Parts of the lower airway include the lungs, bronchi, and bronchial tubes.
5. The normal adult breathing rate is 12-20 breaths per minute.
6. Examples of items that can block the airway are chewing gum, false teeth, and food.
7. Saliva can be removed from the airway by suctioning.
8. The airway can be opened using the jaw-thrust or chin lift methods.
9. The airway can be kept open using endotracheal intubation, orotracheal intubation, or nasotracheal intubation.
10. A patent airway is open and clear.
11. A patient that is apneic is not breathing.
12. Devices that can be used to ventilate (assist breathing) are bag-valve-mask, positive pressure ventilators, and the pocket mask.
13. The lack of adequate oxygen in the body is called hypoxia.
14. The goal of assisted ventilation in the body is 90-100% oxygen concentration.
15. Oxygen and ventilation levels can be checked using the pulse oximeter and capnography.
16. Hypoventilation is shallow or slow breathing.
17. Breathing too fast is called tachypnea.
18. Very fast breathing is severe tachypnea.

19. The position of the endotracheal tube can be checked by looking at the vocal chords, watching the chest, listening for proper breathing sounds.
20. A compression-type injury is the crushing of bones or organs.
21. A pneumatic anti-shock garment (PASG) is used to control hemorrhage (excessive bleeding).
22. A device that can be used near the wound to stop external bleeding is called a tourniquet.
23. External bleeding should be controlled with direct pressure.
24. Severe blood loss is called hemorrhage.
25. A Class IV level of hemorrhagic shock is the most severe classification.
26. A Class IV hemorrhage indicates more than 40% blood loss.
27. Signs of shock are cold, moist skin; rapid breathing; grey or pale skin.
28. Trauma patients should be kept warm to prevent hypothermia.
29. Main arteries of the body are coronary artery, the aorta, and pulmonary artery.
30. Blood is made up of white blood cells and red blood cells.
31. Septic shock is caused by infection.
32. IV (intravenous) fluid therapy refers to giving fluids through an intravenous tube.
33. Examples of IV fluids are blood and crystalloid fluids.
34. The Glasgow Coma Scale is used to indicate brain functioning.
35. The Glasgow Coma Scale scores eye, verbal, and motor responses.
36. The Glasgow Coma Scale ranges from 3-15.

37. A high score, indicating a mild brain injury on the Glasgow Coma Scale would be 13-15.
38. A severe brain injury on the Glasgow Coma Scale would be 3.
39. When the pupils are dilated they are larger than normal.
40. Pupils that are unequal in size indicate possible brain injury or nerve damage.
41. Holding up two fingers on command is a motor response.
42. Answering questions on command is a verbal response
43. A person with a brain injury may have dizziness, slurred speech, or nausea and vomiting.
44. A concussion is a type of brain injury.
45. Head trauma can be caused by falls, a hit on the head, or a car crash.
46. Parts of the skull include the frontal, temporal, and occipital bones.
47. Parts of the brain are the cerebrum, the brainstem and the cerebellum.
48. Signs of a possible head injury include bruises and cuts on the face or head or broken bones such as the jaw, nose or cheekbone.
49. To check for head injuries look at the pupils, search the hair, look and feel for broken bones to the face or head.
50. Brain injury can result from a drug or alcohol overdose, diabetes, a lack of oxygen.
51. Parts of the spine include the vertebrae and spinal cord.
52. Injuries to the spine include dislocation or fracture.
53. Injury to the spine can be caused by sports, car crashes, or falls.
54. Signs of spinal cord injury include numbness or paralysis.

55. A rigid cervical collar is used to immobilize the neck.
56. The spine should be in a neutral, in-line position when possible.
57. A patient should be immobilized when there is a traumatic brain injury or a possible spinal injury.
58. Equipment for immobilizing a patient includes a backboard, padding, and straps.
59. A patient in the supine position is resting horizontally on their back with face up.
60. Areas of the spine are called cervical, thoracic, lumbar, and sacral.
61. The goal of a rigid cervical collar is to prevent further damage to the neck and spine.
62. Patient history includes information about current allergies and medications, what lead up to the injury, and the person's last meal.
63. Examples of a chest injury are broken ribs, a collapsed lung, or heart rupture.
64. Signs of possible injury to the chest may be shortness of breath or chest pain.
65. A bandage placed over a hole in the chest wall can be used to manage airflow.
66. An open chest wound is sometimes called a "sucking chest wound" due to the sound it makes.
67. The "cardiac box" area of the chest includes the heart.
68. The heart and lungs are located in the chest.
69. Listening to breath sounds can help identify a lung injury.
70. An injury to the chest can result in a tension pneumothorax (a lung injury) or a hemothorax. (a heart injury) or both.

71. The abdominal area includes the liver, spleen, gall bladder, and stomach.
72. Male and female reproductive organs are located in the abdomen.
73. A seat-belt patterned bruise across the abdomen may be a sign of an abdominal injury.
74. Serious injury to the pelvis is associated with a large amount of blood loss.
75. Signs of injury to the abdominal area include pain, bruises, bleeding.
76. An abdominal injury may cause stomach acid, urine, or stool to leak.
77. A penetration-type injury can be caused by a gunshot or stabbing.
78. The general rule is to not remove impaled objects.
79. The adult human body has about 206 bones.
80. The long bones are in the arms and legs.
81. Biceps, triceps, and quadriceps are muscles.
82. Tendons are connective tissue.
83. The skin is broken in an open fracture.
84. Caring for an amputated body part includes cleaning, wrapping, and keeping it cool.
85. Morphine is a narcotic used to manage pain.
86. Burns may be described as first, second, or third degree.
87. The skin of a second-degree burn is wet and blistered.
88. The most severe burns can go through all layers of the skin, muscle, fat, and bone.
89. The percentage of burn on the body is called the burn size.

90. Burns victims usually need large amounts of fluid.
91. Stopping a burn means using room temperature water on the wound and removing all clothes and jewelry.
92. A dry sheet over a burn patient can help reduce pain from blowing air, reduce infection and help keep them warm.
93. Breathing smoke or fumes from a fire can cause an inhalation injury.
94. Because of the size and shape of a small child's head, extra padding placed under the torso helps to keep the spine in a neutral position.
95. Signs that a child is having trouble breathing include wheezing, shallow breaths, and gasping.
96. Smaller sized equipment such as masks and blood pressure cuffs should be used for children.
97. An over-inflated stomach in a child may be from too much air or a sign of possible abdominal injury.
98. Vital signs such as pulse, blood pressure, and the breathing rate are different in children than adults.
99. Signs of dehydration in children include a lack of tears, dry diapers, a high fever.
100. Especially in infants, maintaining an open airway includes suctioning.

