

ANNEX 1. FIRST AID KNOWLEDGE TEST

QUESTIONNAIRE 1

AIRWAY OBSTRUCTION

1. What maneuver should we try to perform to clear an obstructed airway in a conscious patient who is not coughing?
 - A. RCP.
 - B. Heimlich maneuver.**
 - C. Mouth to mouth.
 - D. Lateral safety position.
2. In a choking situation, in case of mild airway obstruction, the following should be done:
 - A. Encourage the victim to continue coughing.**
 - B. Give up to 5 blows to the back.
 - C. Perform the Heimlich maneuver.
 - D. Lay the victim on the ground and begin CPR.
3. What is the appropriate procedure to help an infant with airway obstruction with an ineffective cough?
 - A. Perform the Heimlich maneuver.
 - B. Alternate interscapular blows and chest compressions.**
 - C. Administer fluids orally.
 - D. Leave the infant alone for a few minutes.
4. Which of the following is a common cause of airway obstruction in children?
 - A. Excess saliva.
 - B. Small toys.**
 - C. Snake bite.
 - D. High fever.
5. Which of the following age groups is most prone to airway obstruction by foreign objects?
 - A. Small children.**
 - B. Teenagers.
 - C. Young adults.
 - D. Old people
6. What sign indicates severe airway obstruction?
 - A. Cough violently.
 - B. Wheezing sounds when breathing.
 - C. The inability to speak or make sounds.**
 - D. Sneeze repeatedly.
7. What is the universal sign of suffocation?
 - A. Don't stop coughing.
 - B. Hit the table.
 - C. The foreign body is visualized when opening the mouth.
 - D. Put your hands on your neck.**
8. Which is FALSE regarding airway obstruction?
 - A. It is a common situation that does not have complications.**
 - B. The foreign body will not have to be removed unless it is visible.
 - C. It will be necessary to monitor signs of asphyxiation in case the obstruction progresses
 - D. It is a situation that can get complicated.
9. What should be done if a person who is suspected of having food in the airway loses consciousness?
 - A. Place in a safe lateral position so that the food can be expelled.
 - B. Do a digital scan.
 - C. Perform the Heimlich manoeuvre.
 - D. Perform cardiopulmonary resuscitation.**

10. Which is FALSE regarding the Heimlich manoeuvre?
- A. **If it is not effective even if the patient is conscious, CPR will have to be performed**
 - B. One of the hands should be closed into a fist.
 - C. The arms must surround the victim's waist.
 - D. You have to press up and inward.

BASIC LIFE SUPPORT, CPR AND AED

11. In the event of an accident, the correct attitude is:
- A. Call 112 and help the injured
 - B. **Activate the PAS emergency system: Protect, Warn, Help**
 - C. Ask for help, call 112 and help those injured
 - D. None of the previous are true
12. If after our checks, the patient, in addition to being unconscious, is not breathing, what should we do?
- A. Perform the Heimlich manoeuvre.
 - B. **Alert to the emergency phone and begin CPR.**
 - C. Place in the lateral safety position.
 - D. We wait for medical help to arrive, without touching the victim.
13. After asking for help, what should we do in case of possible cardiorespiratory arrest?
- A. Heimlich manoeuvre.
 - B. Find out the victim's background.
 - C. **Check and open the airway.**
 - D. Venous canalization.
14. While keeping the airway open, check that the victim is breathing normally. How is breathing checked?
- A. Check for chest movements
 - B. Feel on our cheek if he breathes.
 - C. Listen in the victim's mouth for respiratory sounds.
 - D. **All are correct.**
15. To perform chest compressions, the hands will be placed:
- A. The heel of the hand is in the centre of the chest.
 - B. One hand on the other.
 - C. They intertwine their fingers.
 - D. **All are correct.**
16. Why can chest compressions be stopped in the middle of CPR?
- A. **The rescuer is physically exhausted or the victim begins to breathe normally.**
 - B. He thinks the ambulance is about to arrive, he sees people around him.
 - C. A and B are incorrect.
 - D. The patient is elderly.
17. What is an AED?
- A. It is a device that can administer oxygen.
 - B. **It is a device that can deliver a controlled electrical shock to the heart to reverse ventricular fibrillation and restore heart function.**
 - C. It is a technique used to help in traffic accidents.
 - D. It is an instrument to facilitate endotracheal intubation
18. What should you do when the AED is analyzing the rhythm?
- A. Continue compressions.
 - B. **Do not touch the victim.**
 - C. Check the pulse manually.
 - D. Perform ventilation.

19. Can anyone touch the victim while a shock is being administered?
- A. Yes always.
 - B. No never.**
 - C. On some occasions, for example, if the victim is cold.
 - D. As long as we have protective equipment.
20. Which option is FALSE regarding the placement of the AED patches?
- A. Adult patches can be used on children.
 - B. They can be placed on damp or wet skin.**
 - C. In adults, one is placed under the right collarbone and another under the left armpit.
 - D. Even if the victim recovers, removing the patches or disconnecting the AED is not recommended.
21. Automatic external defibrillator (AED) could be used by:
- A. Qualified doctors.
 - B. Anyone.**
 - C. Any health personnel.
 - D. Firefighters.

CONVULSIVE CRISIS

22. Which of the following actions is NOT recommended when witnessing someone having a seizure?
- A. Try to firmly immobilize the person to avoid injury.**
 - B. Gently place the person on the ground, on their side, to prevent suffocation.
 - C. Protect the person's head from possible blows with soft objects.
 - D. Loosen tight clothing around the person's neck.
23. What is the typical duration of an epileptic seizure?
- A. Less than 5 seconds.
 - B. Between 15 and 30 minutes.
 - C. About 2 hours.
 - D. It varies considerably, from seconds to several minutes.**
24. What is the most important action after a person has had a seizure?
- A. Leave the person alone to recover in private.
 - B. Call an epilepsy specialist for a diagnosis.
 - C. Provide emotional support and reassure the person.**
 - D. Administer an anticonvulsant medication
25. Which of the following statements is true about febrile seizures in children?
- A. They are harmless and do not require medical attention.
 - B. Fever-reducing medications should always be given immediately.
 - C. They occur mainly in adults and not in children.
 - D. They are generally associated with high fever and require medical evaluation.**
26. What is the recommendation for using objects to prevent a person from biting their tongue during a seizure?
- A. Objects should not be used in the person's mouth under any circumstances.**
 - B. Objects, such as a spoon, should always be used to avoid bites.
 - C. Objects should only be used in cases of prolonged seizures.
 - D. It depends on the severity of the seizure.
27. What should you do if you witness someone being injured while having a seizure?
- A. Call emergency services immediately.**
 - B. Hold the person firmly to prevent further injury.
 - C. Place it on your face up and Elevate your legs to stop the seizures.
 - D. Put something in their mouth to prevent them from biting their tongue.
28. What is "aura" in the context of epileptic seizures?
- A. A type of anti-seizure medication.
 - B. The period immediately after a seizure.
 - C. A peculiar sensation or experience that some people have before a seizure.**

- D. The moment of a seizure when the person loses consciousness.
29. Which is FALSE regarding seizures?
- A. There is great variability from absences to tonic-clonic seizures.
 - B. The victim always presents a disconnection from the environment.**
 - C. During the aura period, odors, ringing sounds, tingling sensations or hallucinations may be perceived.
 - D. They may have some factor that triggers them.
30. Which option is FALSE regarding epilepsy?
- A. Children with epilepsy do not have developmental problems.
 - B. It is more common in childhood and adolescence.
 - C. It may present with jerking of an extremity.
 - D. In a crisis, don't put anything under your head.**

QUESTIONNAIRE 2

AIRWAY OBSTRUCTION

1. What is the appropriate maneuver to help an adult with complete airway obstruction?
- A. Tilt your head back.
 - B. Perform the Heimlich maneuver.**
 - C. Administer anti-allergy medication.
 - D. Massage the abdomen forcefully.
2. What is the appropriate technique to help an adult with airway obstruction and productive cough?
- A. Perform the Heimlich maneuver.
 - B. Hitting the back.
 - C. Tilt your head back.
 - D. encourage coughing**
3. What to do if a 2-year-old child who was playing with Legos starts breathing hard, you hear a sound when he breathes in, and he is turning blue?
- A. Perform the Heimlich maneuver.
 - B. Start with 5 blows on the back.**
 - C. Take the infant to the hospital immediately.
 - D. Give fluids orally.
4. Which of the following objects could cause airway obstruction in a young child (less than 3 years old)?
- A. Nuts.**
 - B. Warm water.
 - C. Cooking shears.
 - D. Socks.
5. Which is true regarding airway obstruction in children?
- A. The Heimlich maneuver is always the technique to perform.
 - B. It is more common than in adults.**
 - C. As they are more fragile, they should only be cared for by healthcare personnel.
 - D. In small children, the technique is to place them face down, holding their feet.
6. What does it mean if a person is unable to cough, speak or make sounds?
- A. Coughing will have to be encouraged.
 - B. It is a mild obstruction of the airway.
 - C. It is a serious obstruction of the airway.**
 - D. It is related to sneezing.
7. What is suspected when the victim has trouble breathing and puts his hands on his neck?
- A. Asphyxiation due to obstruction.**
 - B. Electrocution from touching a plug.

- C. Cardiac arrest due to infarction.
 - D. Rib fracture due to traffic accident.
8. Which of the following statements is true about airway obstruction?
- A. It is always visible from the outside.
 - B. It only happens when someone is eating.
 - C. It can be partial or complete and can be fatal if not treated early and adequately.**
 - D. It only affects children and not adults.
9. In a restaurant, a person starts coughing, puts his hands around his neck, and falls to the floor. As you approach, you see that he doesn't respond. What should be done?
- A. Defibrillate with AED.
 - B. Start a basic life support chain.**
 - C. Call emergencies and place in a lateral safety position.
 - D. Incorporate to perform abdominal compression.
10. What is FALSE in case a person shows ineffective cough, shortness of breath with wide open eyes and hands on the neck?
- A. You will have to give 5 blows to the back and if they are not effective, abdominal thrusts.
 - B. If abdominal thrusts are not effective, perform 5 interscapular blows.
 - C. You have to press in and down.**
 - D. The rescuer's thumb must be placed between the navel and the ribs.

AIRWAY OBSTRUCTION

11. If after evaluating an injured person we verify that he is unconscious, but breathing:
- A. We will notify the emergency services and we will stay with him in case he regains consciousness.
 - B. We will place him on his back and wait for him to recover.
 - C. We will place you in PLS (safety lateral position) and notify emergency services.**
 - D. We will not move you in case you have fractures and we will notify the emergency services.
12. If a person is in possible cardiorespiratory arrest and there is no defibrillator available, while waiting for help, what should be done?
- A. Heimlich manoeuvre.
 - B. Basic CPR.**
 - C. Endotracheal intubation.
 - D. Lateral safety position.
13. What should we do if during the first ventilation performed in CPR, the chest does not move?
- A. We continue trying inflations.
 - B. We insufflate two more times, even if we do not have the expected result, and we cover the patient's nose.
 - C. Do not touch the victim and wait for the emergency services to arrive, to avoid risks during insufflation.
 - D. The forehead-chin manoeuvre is replaced and a second insufflation is given.**
14. The look, listen, feel manoeuvre is used to:
- A. Check circulation.
 - B. Check breathing.**
 - C. Perform chest compressions.
 - D. Check awareness.
15. What is the optimal depth (centimetres) at which the adult patient's chest should be compressed?
- A. 3-4 cm.
 - B. 6-7 cm.
 - C. 5-6 cm.**
 - D. 4-5 cm.

16. If you were assisting a cardiorespiratory arrest with another rescuer, how often should the functions be alternated between the two (who does the compressions/who does the ventilations and vice versa)?
- A. 1 minute.
 - B. Until the rescuer giving compressions gets tired.
 - C. 2 minutes.**
 - D. 5 minutes.
17. What device is required to administer an electric shock?
- A. Electrocardiogram.
 - B. Generator.
 - C. Semi-automatic external defibrillator.**
 - D. Computed tomography.
18. While the AED is analysing your heart rhythm, you should:
- A. Move away from the patient at a distance greater than 10 metres.
 - B. Have your hands on the patches for better AED analysis.
 - C. Raise your hands so as not to touch the victim.**
 - D. Continue CPR to avoid pauses.
19. When caring for a patient who has suffered cardiorespiratory arrest, the AED patches are placed and shock is recommended. What should I do?
- A. Continue chest compressions because it promotes momentum.
 - B. Hold patches if the victim's skin is wet.
 - C. Wait for health personnel to arrive to perform defibrillation.
 - D. Avoid touching the victim and press the shock button on the device.**
20. At the end of our Aquagym class, a person collapses when leaving the pool. He is not breathing, therefore, CPR is started and the AED is requested. What should be taken into account before applying the patches?
- A. The victim's chest should be dried before applying the AED patches to the chest.**
 - B. They can be placed on the wet chest in order not to delay the discharge.
 - C. Remove the rings you are wearing as they may interfere with the AED.
 - D. All are correct.
21. Once the AED arrives at the scene of cardiorespiratory arrest, it should:
- A. Perform defibrillation as soon as possible if the AED indicates it.**
 - B. Perform 1 minute of CPR and then defibrillate.
 - C. Wait for trained personnel to arrive to use the AED.
 - D. Check if the patient is breathing.

CONVULSIVE CRISIS

22. Which of the following statements about administering first aid during a seizure is correct?
- A. You should try to keep the person standing during the seizure.
 - B. You can put objects in the person's mouth to prevent them from biting their tongue.
 - C. You should move dangerous objects away from the person in seizure.**
 - D. You should hold the person firmly to prevent them from moving.
23. What is the typical length of time that a person may be confused or drowsy after a tonic-clonic seizure?
- A. Less than 1 minute.
 - B. About 10 minutes.
 - C. It will vary from person to person and seizure to seizure.**
 - D. More than 1 hour.
24. What action is recommended to take after a person has experienced a tonic-clonic seizure?
- A. Provide cold water to drink.
 - B. Call a neurology specialist immediately.
 - C. Leave the person alone in a quiet room.
 - D. Provide emotional support and check for physical injuries.**

25. Which of the following statements is true about epileptic seizures?
- A. They are always caused by a serious brain disease.
 - B. They can be triggered by various factors, including stress, lack of sleep and fever.**
 - C. They only affect adults over 65 years of age.
 - D. They do not require medical treatment.
26. What NOT to do when someone is having a seizure?
- A. Remove objects from around you.
 - B. Place the person on the ground.
 - C. Call emergency services (emergency number) if the seizure lasts more than 5 minutes.
 - D. Put objects in the person's mouth to prevent them from biting their tongue.**
27. What is the general recommendation if a seizure lasts more than 5 minutes or if a person experiences recurrent seizures without regaining consciousness in between?
- A. Continue observing without taking any further action.
 - B. Administer an over-the-counter anti-seizure medication.
 - C. Call emergency services immediately.**
 - D. Provide cold water to drink.
28. What is the general recommendation if a person recognizes an aura before a seizure?
- A. Trying to stay busy to distract yourself.
 - B. Find a safe and comfortable place to sit or lie down.**
 - C. Stop taking any anti-seizure medications immediately.
 - D. Do nothing and wait for the seizure to occur.
29. What is WRONG about epilepsy?
- A. A child may be having a crisis if he disconnects from the environment with apparent staring.
 - B. A child may suffer a loss of muscle strength and fall to the ground.
 - C. After a crisis, the child may or may not take time to recover.
 - D. If the child loses sphincter control, it is ruled out that it could be a crisis.**
30. On the bus, a child falls to the ground, seems to have all his muscles tense and then begins to jerk his limbs. What should I do in this situation?
- A. Do not remove his glasses because it promotes post-crisis confusion.
 - B. Place a pillow or folded clothing under your head to prevent it from hitting.**
 - C. Hold his arms to prevent him from hitting himself.
 - D. Leave him face up after the crisis so he can rest.

ANNEX 2. CHECKLIST SIMULATION

Name: _____ Date: _____

	0	1	2
1. CPR SCORE			
1.1. Safe approach			
1.2. Consciousness assessment			
1.3. Permeabilise airway			
1.4. Check breathing			
1.5. Call emergency services			
1.6. Compression/ventilation ratio (30:2)			
1.7. Hands-free time: under 10 seconds			
1.8. Compression quality			
1.9. Ventilation quality			
1.10. Proper AED pad placement			
1.11. Safe defibrillation			
2. FBAO SCORE			
2.1. Recognize signs of airway obstruction			
2.2. Ask the person if he can breathe			
2.3. Encourage coughing			
2.4. Do not attempt to remove non-visible foreign objects			
2.5. Give 5 interscapular back blows			
2.6. Perform the Heimlich maneuver			
2.7. Recognize loss of consciousness			
2.8. Call emergency services			
2.9. Begin cardiopulmonary resuscitation			
3. SEIZURES SCORE			
3.1. Evaluate the safety of the environment			
3.2. Protect the head			
3.3. Do not introduce objects into the mouth			
3.4. Control the duration			
3.5. Avoid movement restrictions			
3.6. Place in the lateral safety position			
3.7. Monitor breathing			
3.8. Contact emergency services			
3.9. Ensure the victim is calm			
3.10. Communicate with healthcare professionals			
0 = not done; 1 = needs improvement; 2 = adequately done			