

**FEDERAL STATE BUDGET EDUCATIONAL
HIGHER EDUCATION INSTITUTION
"ROSTOV STATE MEDICAL UNIVERSITY"
MINISTRY OF HEALTH OF THE RUSSIAN FEDERATION**

FACULTY OF TREATMENT AND PREVENTION

Appraisal Fund
in the discipline "Critical Care Medicine"

Specialty 05/31/01 General Medicine

1. List of competencies formed by the discipline (in full or partially)

general professional (OK):

Code and name of professional competencies	Indicator(s) of professional achievement competencies
OK-7 readiness to use first aid techniques and methods of protection in emergency situations	willingness to use first aid techniques

2. Types of assessment materials in accordance with the competencies being developed

Name competencies	Types of assessment materials	number of tasks for 1 competency
OK-7	Closed tasks	25 with sample answers
	Open type tasks: Test questions Skills	21 with sample answers

OK-7:

Closed type tasks:

Task 1. Instructions: Choose one correct answer.

Frequency of chest compressions during cardiopulmonary resuscitation in an adult:

1.90-99 per minute

2.100-120 per minute

3.121-140 per minute

4 at least 89 per minute

Sample answer:2. 100-120 per minute.

Task 2. Instructions: Choose one correct answer.

The optimal ratio of the frequency of chest compressions to the frequency of artificial breaths when performing basic cardiopulmonary resuscitation in an adult:

1.30:2

2.15:2

3.30:1

4.15:1

Sample answer:1. 30:2

Task 3. Instructions: Choose one correct answer.

When performing cardiopulmonary resuscitation on a child aged 1 to 8 years, regardless of the number of rescuers, the optimal ratio of compressions and breaths should be:

1.30:2

2.15:2

3.30:1

4.15:1

Sample answer:2. 15:2

Task 4. Instructions: Choose one correct answer.

When performing cardiopulmonary resuscitation on an adult, the depth of chest compression should be:

1. not less than 5 cm and not more than 6 cm
2. not less than 6 cm
3. at least 5 cm
4. no more than 5 cm

Sample answer: 1. not less than 5 cm and not more than 6 cm

Task 5. Instructions: Choose one correct answer.

When determining signs of life, assessment of normal breathing should be carried out during:

1. no less than 7 and no more than 10 seconds
2. no less than 5 and no more than 7 seconds
3. no more than 5 seconds
4. at least 10 seconds

Sample answer: 1. no less than 7 and no more than 10 seconds

Task 6. Instructions: Choose one correct answer.

How many blows with the heel of your palm between the victim's shoulder blades must be applied when removing a foreign body from the respiratory tract of a victim with complete obstruction of the upper respiratory tract?

1. 3
2. 4
3. 5
4. 6

Sample answer: 3. 5 hits

Task 7. Instructions: Choose one correct answer.

How much pressure should be applied with your fist, covered with the palm of your other hand, on the upper part of the victim's abdomen, clasp it from behind when removing a foreign body from the respiratory tract of the victim with complete obstruction of the upper respiratory tract?

1. 3
2. 4
3. 5
4. 6

Sample answer: 3. 5 pressures

Task 8. Instructions: Choose several correct answers. Actions to determine whether the victim is conscious: 1. Gently shake the victim by the shoulders.

2. Call him loudly: "Do you need help?"

3. Determine the width of the pupils. **Sample answer: 1.2**

Task 9. Instructions: Choose several correct answers. Actions to determine whether the victim is breathing:

1. Place the palm of one hand on the victim's forehead.
2. Lift the victim's chin with two fingers of the other hand.
3. Tilt your head back, opening the airways.
4. Determine the presence of foreign bodies in the respiratory tract.

5. Lean your cheek and ear towards the victim's mouth and nose.
6. Observe with your eyes the movements of the victim's chest.
7. Assess for normal breathing for at least 7 and no more than 10 seconds.

Sample answer:1,2,3,5,6,7

Task 10. Instructions: Choose several correct answers.

To ensure patency of the upper respiratory tract, before starting cardiopulmonary resuscitation, it is necessary:

1. Determine the presence of foreign bodies in the respiratory tract.
2. Place the palm of one hand on the victim's forehead.
3. Lift the victim's chin with two fingers of the other hand.
4. Determine the presence of breathing using available means (mirror, feather, etc.).
5. Tilt the victim's head back, clearing the airway.
6. Clear the victim's mouth of mucus and vomit. **Sample answer:**

2,3,5

Task 11. Instructions: Choose several correct answers. A victim with complete obstruction of the upper respiratory tract: 1. Cannot speak.

2. Hoarseness of voice is observed.
3. Can't breathe.
4. Grabs himself by the throat.
5. Coughs.
6. Nods in response to a question. **Sample answer:1,3,4,6**

Task 12. Instructions: Choose several correct answers.

To check the consciousness of the victim, as part of first aid, it is necessary:

1. Gently shake the victim by the shoulders.
2. Check the reaction of the pupils to light.
3. Call him loudly: "Do you need help?"
4. Assess the width of the pupils.
5. Treat pain points. **Sample**

answer:1.3

Task 13. Instructions: Choose several correct answers.

Steps to perform basic cardiopulmonary resuscitation using an automated external defibrillator (AED).

1. Turn on the AED.
2. Correctly stick the electrodes on the victim's chest.
3. Do not touch the victim during the AED analysis of heart rhythm.
4. At the command of the AED, begin applying pressure to the chest.
5. After each AED discharge, check for the presence of a pulse in the peripheral vessels.
6. After each AED shock, continue performing CPR for 2 minutes until the next AED command.

Sample answer:1,2,3,4,6

Task 14. Instructions: Choose several correct answers. Safety guidelines for performing basic cardiopulmonary resuscitation using an automated external defibrillator (AED).

1. Do not touch the victim during the AED analysis of heart rhythm

2. Do not touch the victim while the shock is being applied.
3. Peel off the electrodes for performing indirect cardiac massage.
4. Peel off the electrodes for artificial ventilation. **Sample answer:**
1,2

Task 15. Instructions: Choose several correct answers.

List the actions that do not need to be performed to determine signs of life when providing first aid to an adult.

1. Assess the pulse in the radial and/or other peripheral arteries
2. Assess the neurological status (checking the reaction of the pupils to light)
3. Search for devices (handkerchiefs, bandages, mirrors, feathers, etc.)
4. Conduct anamnesis collection, search for medical documentation

Sample answer:1,2,3,4

Task 16. Instructions: Choose several correct answers.

List the actions that do not need to be performed to determine signs of life when providing first aid to a child.

1. Assess the pulse in the radial and/or other peripheral arteries
2. Assess the neurological status (checking the reaction of the pupils to light)
3. Search for devices (handkerchiefs, bandages, mirrors, feathers, etc.)
4. Conduct anamnesis collection, search for medical documentation

Sample answer:1,2,3,4

Task 17. Instructions: Choose several correct answers.

List the criteria for the adequacy of chest compressions in an adult.

1. To perform chest compressions on an adult, the rescuer's hands must be locked.
2. The base of the palm of the underlying hand should not come off the surface of the victim's chest between pressures.
3. The frequency of chest compressions is not less than 100 and not more than 120 per minute.
4. The depth of pressure on the chest is not less than 5 and not more than 6 cm.
5. After 30 compressions, perform 2 artificial breaths. **Sample answer:**
1,2,3,4,5

Task 18. Instructions: Choose several correct answers.

List the criteria for the adequacy of chest compressions in an 8-year-old child.

1. To perform chest compressions on a child, use a one-handed technique.
2. The heel of the palm is placed on the lower half of the sternum, and the baby's head is fixed with the free hand.
3. The base of the palm of the hand should not come off the surface of the victim's chest between pressures.
4. The frequency of chest compressions is not less than 100 and not more than 120 per minute
5. The depth of compression on the chest to a depth equal to 1/3 of the anteroposterior diameter of the child's chest
6. After 15 pressures, perform 2 artificial breaths on the child **Sample answer:**
1,2,3,4,5,6

Task 19. Instructions: Choose several correct answers. When performing chest compressions during basic cardiopulmonary resuscitation, you must:

1. Perform 30 pressures in a row
2. To compress the chest, it is necessary to use the force of the shoulder girdle
3. Keep your arms perpendicular to the plane of the sternum
4. Do not bend your elbows
5. Place your hands in the upper third of the sternum
6. Using the fingers of the upper hand, pull up the fingers of the lower hand
7. Count the pressure out loud
8. When applying pressure, the accredited person's hands must be locked

Sample answer:1,3,4,6,7,8

Task 20. Instructions: Choose several correct answers.

When performing artificial respiration, the victim, as part of first aid, must:

1. Use your own special face mask or face film
2. Use a cushion under the neck to maintain airway patency
3. Use a medical mask as a protective barrier when performing artificial respiration

4. Place the palm of one hand on the victim's forehead
5. Lift the victim's chin with two fingers of the other hand.
6. Tilt the victim's head back, clearing the airways, and take a normal breath.

7. With two fingers of the hand located on the forehead, pinch the victim's nose and exhale into the victim's respiratory tract
8. While continuing to maintain airway patency, unclench your nose and remove your lips from the victim's mouth.
9. Repeat exhalation into the victim's airway

Sample answer:1,4,5,6,7,8,9

Task 21. Instructions: Choose several correct answers.

The stage of providing first aid to a victim in case of respiratory and circulatory arrest with their recovery after resuscitation measures, accompanied by a lack of consciousness, includes:

1. Ensuring a safe environment for providing assistance
2. Raising the victim's legs
3. Place the victim in a prone position to maintain airway patency

4. Determination of signs of life
5. Delivering a precordial blow
6. Calling an ambulance
7. Carrying out cardiopulmonary resuscitation
8. Determination of signs of life before giving a stable lateral position
9. Giving a stable lateral position

Sample answer:1,4,6,7,8,9

Task 22. Instructions: Choose several correct answers. Activities required when performing basic cardiopulmonary resuscitation:

1. Definition of consciousness
2. Raising the victim's legs
3. Mandatory cleaning of the oral cavity and respiratory tract
4. Definition of breathing
5. Application of precordial stroke

6. Chest compression
7. Ensuring airway patency
8. Artificial breaths
9. Ensuring a safe environment for providing assistance

Sample answer:1,4,6,7,8,9

Task 23. Instructions: Choose several correct answers.

First aid measures for a victim with a foreign body in the upper respiratory tract include the following:

1. Ask the victim: "Are you choking?"
2. Raise the victim's legs
3. Clean your mouth
4. Tilt the victim forward
5. Apply 5 blows with the heel of your palm between the victim's shoulder blades
6. Assess whether the foreign body has been removed after each blow
7. Perform 5 pressures with your fist, covered with the palm of your other hand, on the upper part of the victim's abdomen, grasping him from behind
8. Assess the fact of foreign body removal after each pressure

Sample answer:1,4,5,6,7,8

Task 24. Instructions: Choose several correct answers.

When using an automated external defibrillator (AED), you must do the following:

1. Turn on the AED
2. Correctly stick the electrodes on the victim's chest
3. Do not touch the victim during AED analysis of heart rhythm
4. At the command of the AED, begin chest compressions.
5. Continue performing CPR for 2 minutes until the next AED command.

Sample answer:1,2,3,4,5

Task 25.

Instructions: Choose several correct answers.

List your actions when performing artificial respiration on a victim as part of first aid?

1. Place the palm of one hand on the victim's forehead and lift the victim's chin with two fingers of the other hand.
2. Tilt the victim's head back, clearing the airways,
3. With two fingers of the hand located on the forehead, pinch the victim's nose
4. Inhale and exhale normally into the victim's airway using your own special face mask or face film.
5. While continuing to maintain airway patency, unclench your nose and remove your lips from the victim's mouth.
6. Repeat exhalation into the victim's airway

Sample answer:1,2,3,4,5,6

Open type tasks:

Exercise 1.

When removing a foreign body from the respiratory tract of a victim with complete obstruction of the upper respiratory tract, it is necessary to apply ___ blows

with the heel of your palm between the victim's shoulder blades, checking after each blow to see if the foreign body has been removed.

Sample answer: 5

Task 2.

When removing a foreign body from the respiratory tract of a victim with complete obstruction of the upper respiratory tract, it is necessary to apply ___ pressure with your fist, covered with the palm of the other hand, on the upper part of the victim's abdomen, clapping it from behind, checking after each pressure whether the foreign body was not removed.

Sample answer: 5

Task 3.

When performing CPR, an adult should perform ___ consecutive chest compressions.

Sample answer: 30

Task 4.

When determining signs of life in a victim as part of first aid, the presence of normal breathing should be assessed for at least ___ and no more than ___ seconds.

Standard answer: no less than 7 and no more than 10 seconds.

Task 5.

The frequency of compressions when performing cardiopulmonary resuscitation on an adult victim should be no less than ___ and no more than ___ per 1 minute. **Standard answer: no less than 100 and no more than 120 per minute.**

Task 6.

When performing cardiopulmonary resuscitation, while pressing on the victim's sternum, it is necessary to push it to a depth of at least ___ cm and no more than ___ cm (for adults).

Standard answer: no less than 5 cm and no more than 6 cm.

Task 7.

When performing cardiopulmonary resuscitation in adults, the ratio of the frequency of chest compressions and the frequency of artificial breaths should be ____. **Standard answer: 30:2.**

Task 8.

When performing chest compressions on a 5-year-old child, it is necessary to push it to a depth equal to ___ anteroposterior diameter of the chest.

Sample answer: 1/3.

Task 9.

When performing cardiopulmonary therapy on a 5-year-old child, while pressing on the victim's sternum, it is necessary to push it to a depth of at least ___ cm and no more than ___ cm **Standard answer: no less than 4 cm and no more than 5 cm.**

Task 10.

When performing cardiopulmonary resuscitation on a 5-year-old child, the ratio of chest compressions and artificial breaths should be ___, regardless of

number of rescuers.

Standard answer: 15:2.

Skill 1.

Describe the algorithm of actions when providing first aid to a victim with a foreign body in the upper respiratory tract.

Skill performance standard:

- 1. Make sure there is no danger and, if necessary, provide safe conditions for providing first aid.**
- 2. Ask the victim: "Are you choking?"**
- 3. Tilt the victim forward.**
- 4. Apply 5 blows with the heel of your palm between the victim's shoulder blades.**
- 5. Assess whether the foreign body has been removed after each blow.**
- 6. Perform 5 pressures with your fist, covered with the palm of your other hand, on the upper part of the victim's abdomen, grasping him from behind.**
- 7. Assess the fact of removal of the foreign body after each pressure.**

Skill 2.

Describe the algorithm of actions when providing first aid to a victim with a foreign body in the upper respiratory tract after applying 5 blows between the shoulder blades, the foreign body has not been removed.

Skill performance standard:

- 1. Stand behind the victim and clasp him with both hands at the level of the upper abdomen.**
- 2. Make a fist with one of your hands and place it above your navel with your thumb facing you.**
- 3. Clasp your fist with your other hand and, slightly tilting the victim forward, sharply press on his stomach in an inward and upward direction.**
- 4. Perform 5 pressures, assessing the fact of removal of the foreign body after each pressure.**

Skill 3.

Describe the algorithm of actions when determining signs of life in the victim (presence of consciousness).

Skill performance standard:

- 1. Make sure there is no danger and, if necessary, provide safe conditions for first aid.**
- 2. Gently shake the victim by the shoulders.**
- 3. Call out to him loudly: "Do you need help?"**
- 4. Free the victim's chest from clothing.**

Skill 4.

Describe the algorithm of actions when determining the breathing of a victim.

Skill performance standard:

- 1. Free the victim's chest from clothing.**
- 2. Place the palm of one hand on the victim's forehead.**
- 3. Using two fingers of the other hand, lift the victim's chin.**
- 4. Tilt your head back, opening the airways.**
- 5. Lean your cheek and ear towards the victim's mouth and nose.**
- 6. Observe with your eyes the movements of the victim's chest.**
- 7. Assess the presence of normal breathing for at least 7 and no more than 10 seconds.**

Skill 5.

Describe the algorithm for calling an ambulance in the absence of breathing and

consciousness of the victim (List the basic information that must be conveyed to the dispatcher when calling an emergency medical team).

Skill performance standard:

- 1. Place (address) of the incident.**
- 2. Number of victims.**
- 3. Gender of the victim.**
- 4. Approximate age of the victim.**
- 5. State of the victim (unconscious, without breathing).**
- 6. Volume of assistance provided (cardiopulmonary resuscitation).**

Skill 6.

Describe the algorithm of actions when performing compressions during cardiopulmonary resuscitation.

Skill performance standard:

- 1. Kneel on the side of the victim, facing him.**
- 2. Place the heel of the palm of one hand on the center of the victim's chest.**
- 3. Place your second palm on your first hand, locking it.**
- 4. Apply pressure on the victim's sternum (depth 5-6 cm, frequency 100-120 per minute).**
- 5. Perform 30 pressures in a row.**
- 6. Keep your arms perpendicular to the plane of the sternum.**
- 7. Do not bend your elbows.**
- 8. Fully straighten the chest after each compression.**

Skill 7.

Describe the algorithm of actions when performing artificial breaths during cardiopulmonary resuscitation.

Skill performance standard:

- 1. Use your own special face mask or face film.**
- 2. Place the palm of one hand on the victim's forehead.**
- 3. Lift the victim's chin with two fingers of the other hand.**
- 4. Tilt the victim's head back, clearing the airway.**
- 5. Take your normal breath.**
- 6. With two fingers of the hand located on the forehead, he pinched the victim's nose.**
- 7. Exhale into the victim's airways.**
- 8. Continue to maintain airway patency, unclench your nose, and remove your lips from the victim's mouth.**
- 9. Repeat exhalation into the victim's airways.**
- 10. Continue performing compressions.**

Skill 8.

Describe the use of an automated external defibrillator (AED).

Skill performance standard:

- 1. Turn on the AED either by opening the lid or pressing the button inclusions.**
- 2. Place electrodes: one to the right of the sternum under the collarbone, the second - lateral to the left nipple centered on the mid-axillary line.**
- 3. Then follow the voice commands of the AED (do not touch the victim during heart rate analysis; if a shock is indicated, make sure that no one touches the victim and press the "shock" button).**

Skill 9.

Describe the course of action when using an automated external defibrillator (AED) for a defibrillable rhythm.

Skill performance standard:

1. Turn on the AED.
2. Correctly stick the electrodes on the victim's chest.
3. Do not touch the victim during the AED analysis of heart rhythm.
4. Press the "Shock" button at the AED command.
5. Do not touch the victim while the shock is being applied.
6. At the command of the AED, begin chest compressions and artificial breaths.

7. Continue performing CPR for 2 minutes until the next AED command.

Skill 10.

Describe the course of action when using an automated external defibrillator (AED) for a rhythm that cannot be defibrillated.

Skill performance standard:

1. Turn on the AED.
2. Correctly stick the electrodes on the victim's chest.
3. Do not touch the victim during the AED analysis of heart rhythm.
4. At the command of the AED, begin chest compressions and artificial breaths.
5. Continue performing CPR for 2 minutes until the next AED command.

Skill 11.

Describe the algorithm for performing a stable lateral position.

Skill performance standard:

1. Place the victim's closest arm at a right angle to his body.
2. Place the victim's far hand with the back of the hand on the victim's opposite cheek, holding it with your hand.
3. Bend the victim's leg farthest from you at the knee and place it resting on the foot.
4. Turn the victim towards you by pressing on the knee of the bent leg.
5. Pull the leg lying on top closer to the stomach.
6. Slightly tilt the victim's head back to open the airway.
7. Check the victim for signs of breathing.

CRITERIA for assessing competencies and rating scales

Grade "unsatisfactory" (not accepted) or absence formation competencies	Grade "satisfactorily" (passed) or satisfactory (threshold) level of development competencies	Rated "good" (passed) or sufficient level development competencies	Excellent rating (passed) or high level development competencies
failure to student on one's own demonstrate knowledge when solving assignments, lack independence in application of skills. Absence availability confirmation formation	student demonstrates independence in application of knowledge skills and abilities to solve educational tasks in full According to sample given teacher, by tasks, solution	student demonstrates independent application of knowledge, skills and abilities when deciding tasks, tasks similar samples that confirms Availability	student demonstrates ability to full independence in choosing a method solutions non-standard assignments within disciplines with using

competencies indicates negative development results academic discipline	of which there were shown teacher, it should be considered that competence formed on satisfactory level.	formed competencies for higher level. Availability such competence on sufficient level indicates sustainable fixed practical skill	knowledge, skills and skills, received as in development progress of this discipline, and adjacent disciplines should count competence formed on high level.
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Criteria for assessing test control:

percentage of correct answers	Marks
91-100	Great
81-90	Fine
70-80	satisfactorily
Less than 70	unsatisfactory

When grading tasks with multiple correct answers, one error is allowed.

Criteria for assessing practical skills:

Mark	Descriptors		
	consistency theoretical knowledge	knowledge of the methodology execution practical skills	performance practical skills
Great	system stable theoretical knowledge about services and contraindications, possible complications, regulations, etc.	stable knowledge implementation methods practical skills	independence and correctness fulfillment practical skills skills
Fine	system stable theoretical knowledge about services and contraindications, possible complications, regulations, etc., some are omitted preciseness that independently are detected quickly cope	stable knowledge implementation methods practical skills; some are omitted preciseness that independently are detected quickly cope	independence and correctness fulfillment practical skills skills
satisfy flax	satisfactory theoretical knowledge about services and contraindications, possible complications, regulations, etc.	knowledge of the basic principles of implementation methodology practical skills	independence fulfillment practical skills skills, but go down some mistakes, which are being corrected with help tutor
dissatisfy	low level of knowledge about	izky level knowledge	eopossibility

strictly	services contraindications, possible complications, regulations, etc. and/or can't do it on its own demonstrate tactical skills or fulfills them, allowing common mistakes	And methods execution practical skills	independent performing the skill whether skills
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