

### Key-feature test (correct answer)

<p>You suddenly locate a not moving 5-year old child on the water's edge of a lake. There is no one else around.</p> <ol style="list-style-type: none"><li>1. What is the most important thing to check first in this unknown situation? <i>Safety (of rescuer and child).</i></li><li>2. How do you assess the child's responsiveness? <i>Call and stimulus.</i></li><li>3. What do you do right next, when you assessed that the child is unresponsive? <i>Shout for help.</i></li></ol>
<p>A 10-month old infant got unconscious and stopped breathing, after he accidentally pulled a plastic bag over his head.</p> <ol style="list-style-type: none"><li>4. After starting ventilation, when are chest compressions indicated for this infant? <i>Absent signs of life/circulation.</i></li><li>5. If so, which frequency should be used for chest compressions on this infant? <i>(At least) 100 per minute (not exceeding 120).</i></li><li>6. Which ratio of chest compressions to ventilation should be used for CPR on this infant (CV ratio)? <i>15 chest compressions : 2 rescue breaths.</i></li></ol>
<p>A 3-month old infant is suddenly found unresponsive lying in his bed. Someone else already went for calling the emergency hotline.</p> <ol style="list-style-type: none"><li>7. In which head position do you check if the infant is still breathing? <i>Neutral position (and chin lift).</i></li><li>8. What do you do right next after you assessed an apnea of this infant? <i>5 (initial) rescue breaths.</i></li><li>9. How do you do that in detail (which technique)? <i>Mouth-to-mouth or mouth-to-nose/mouth.</i></li></ol>
<p>After a swimming accident of a 5-year old child you have to start ventilations and chest compressions.</p> <ol style="list-style-type: none"><li>10. Where is the optimal pressure point for chest compressions of this child? <i>Lower half of the sternum.</i></li><li>11. Which frequency should you use for chest compressions on this child? <i>(At least) 100 per minute (not exceeding 120).</i></li><li>12. How deep should the chest be compressed during chest compressions on this child? <i>(At least) one-third of the depth of the chest.</i></li></ol>
<p>You just assessed that you have to ventilate a 10-month old infant which accidentally fell into a swimming pool.</p> <ol style="list-style-type: none"><li>13. Which technique do you use to do so (without equipment)? <i>Mouth-to-mouth or mouth-to-nose/mouth.</i></li><li>14. What time should be used for the inspiration and expiration phase during external ventilation (in sec)? <i>Is each.</i></li><li>15. What do you do right after the initial rescue breaths on this infant? <i>Assess signs of life/circulation.</i></li></ol>
<p>While spending the day on a lake you found an unresponsive 5-year old child floating in the water. You pulled him onto the beach and start basic life support.</p> <ol style="list-style-type: none"><li>16. Where can you try to check the pulse of this child? <i>Carotid pulse in the neck (and femoral pulse).</i></li><li>17. How long do you carry out basic life support until you would leave him to send an emergency call (if no one else did so yet)? <i>1 minute or approximately 4 cycles of CPR 15:2.</i></li><li>18. Besides the emergency call, would you (frequently) interrupt your CPR? If so, when and what for? <i>No interruption.</i></li></ol>
<p>You just assessed that a 4-year old child is unresponsive to any stimulation.</p> <ol style="list-style-type: none"><li>19. What do you have to do to be able to assess his breath? <i>Open airway or head tilt chin lift.</i></li><li>20. After that, how do you assess the breath of this child? <i>Look, listen and feel.</i></li><li>21. When do you have to ventilate this child (concrete indication)? <i>If not breathing normally.</i></li></ol>