ASSIGNMENT 1

Book Assignment: "Heritage of the Hospital Corpsman," pages 1-1 to 1-9

1-1. Which of the following is the key to service with distinction?

1. Honor and Courage
2. Customer Service
3. Professional ethics
4. Stellar performance

1-2. The importance of having medical care onboard naval vessels was reinforced on

1. June 16, 1776
2. March 2, 1799
3. October 13, 1975
4. November 13, 1984

1-3. The area called the sick bay today was originally referred to as what?

1. Cockpit
2. Sickcall
3. MTF
4. Ward

1-4. The first member of the Hospital Corps to be awarded the Medal of Honor was?

1. Hospital Apprentice Eugene Soucy
2. Hospital Apprentice Robert Stanley
3. Lobolly Boy Russ
4. Pharmacist Mate Carl C. Moore

1-5. The foundation for the current system of rank structure came in what year?

1. 1924
2. 1935
3. 1920
4. 1916

1-6. The first Hospital Corps School for Women Accepted for Volunteer Emergency Service was commissioned where?

1. Hospital Corps School, Great Lakes, IL
2. U. S. Naval Hospital Pensacola, FL
3. National Naval Medical Center, Bethesda, MD
4. U. S. Naval Hospital, San Diego, CA

1-7. The Honorable James Forrestal was serving in what position when he publically thanked the Hospital Corps for its service and contributions during World War II?

1. Secretary of Defense
2. Secretary of War
3. Secretary of the Navy
4. Secretary of State

1-8. What was the original rating insignia of the Hospital Corps?

1. Caduceus
2. Red Cross
3. Gold Oak Leaf
4. Blue Cross

1-9. Shock Trauma Platoons (STP) were first deployed during the Afghanistan phase of the War on Terror.

1. True
2. False

1-10. Soft Power was first articulated as a possible military policy in 1911 by President Theodore Roosevelt.

1. True
2. False
1-11. The Dental Technician rating was established

1. 12 January 1944
2. 02 April 1948
3. 07 December 1941
4. 12 December 1947

1-12. Most of the Navy’s medical enlisted
training will be relocated to ________
along with the Army and Air Force as of
2011.

1. Wichita Falls, TX
2. San Diego, CA
3. San Antonio, TX
4. Ft. Bragg, NC

1-13. What percentage of all Department of
the Navy Medals of Honor has been earned
by Hospital Corpsmen?

1. 50%
2. 20%
3. 40%
4. 65%
ASSIGNMENT 2

Book Assignment: “Expeditionary Medicine Administration,” pages 2-1 to 2-9

2-1. The following should be reported to the OOD for inclusion into the duty log.

1. Bacteria in the potable water
2. Functioning equipment
3. Service member with a broken leg
4. Hygiene class for food service personnel
5. Answers 1 and 3

2-2. SAMS is an administrative management tool that tracks:

1. Sick Call Log
2. Potable Water Testing Results
3. Medical Training
4. All of the above
5. Answers 1 and 2

2-3. What specific 3-M system regulates scheduled equipment maintenance?

1. Planned Maintenance Schedule
2. Preventative Maintenance System
3. Navy Maintenance and Material Management System
4. Planned Maintenance System

2-4. Which type of directive regulates policy?

1. Permanent
2. Notice
3. Instruction
4. Temporary

2-5. Change transmittals should be filed with ______ on top?

1. Change 3
2. Most current change
3. Original instruction
4. Change 1

2-6. The Department of the Navy Information Security Program gives direction on how to prepare naval correspondence.

1. True
2. False

2-7. The 5000 series of correspondence relates to ________.

1. Military Personnel
2. General Administration and Management
3. General Material
4. Financial Material

2-8. What is the process called that is used to determine the correct subject group under which documents should be filed?

1. Classifying
2. Grouping
3. Coding
4. Cross-referencing

2-9. HMs should use their best judgment to dispose of questionable directives.

1. True
2. False
2-10. Medical and dental personnel must be aware of planned operations so they can __________.

1. Plan for supplies
2. Plan for possible injuries
3. Plan for extended work hours
4. All of the above

2-15. FMF dental units maintain dental readiness during all of the following EXCEPT:

1. Deployments
2. Exercises
3. Emergency Environments
4. Combat Operations

2-11. Which element of medical readiness is used to correct individual medical readiness deficiencies?

1. Dental Readiness
2. Immunizations
3. Deployment Limiting Conditions
4. Periodic Health Assessment

2-16. Fleet Hospital mission and personnel requirements are set by ________________.

1. Chief of Naval Operations (CNO)
2. Combatant Commander (COCOM)
3. Type Commander (TYCOM)
4. Chairman, Joint Chiefs of Staff (CJCS)

2-12. Personnel in these dental classifications go to the head of the line for treatment prior to deployment.

1. Class 1 and 2
2. Class 1 and 4
3. Class 3 and 4
4. Class 2 and 3

2-17. Fleet hospitals are used in operations that are less than 60 days in duration.

1. True
2. False

2-13. A patient in Class 2 dental status means?

1. Return for evaluation in one year
2. Service member is deployable
3. Oral conditions are unknown
4. Conditions exist requiring immediate treatment

2-18. Who directs the actions of the Naval Mobile Construction Battalion when responding to a natural disaster, i.e. Hurricane Katrina?

1. Cognizant Authority
2. Senior Naval Officer on scene
3. Commanding Officer
4. FEMA Coordinator on site

2-14. The primary mission of the FMF medical battalion is to provide:

1. Specialized surgery
2. Triage
3. Long term hospitalization
4. Preventive medicine

2-19. A warfare qualification signifies ________________.

1. The HM is competent
2. The command has confidence in the individual wearing it
3. The HM is an integral part of the unit
4. The HM understands the unit’s specific mission
3-1. Which of the following is not a HM administrative responsibility during the operations of a medical clinic?

1. Greeting the patient entering the clinic or inpatient floor
2. Opening the clinic and making coffee
3. Providing initial clinical documentation
4. Assisting with the referral process

3-2. Which system was implemented to assist in the projection and allocation of cost for healthcare programs?

1. DEERS
2. DIRS
3. ALHTA
4. DENCAS

3-3. Instances where the beneficiary has a valid ID card and DEERS shows the individual ineligible, or not in the database, eligibility verification by ID Card overrides DEERS.

1. True
2. False

3-4. In cases where a patient presents without a valid ID card and does not appear in DEERS, non-emergent care will still be rendered.

1. True
2. False

3-5. How many days after receiving treatment does a patient have to present a valid ID card before being billed as a Civilian Humanitarian Non-indigent?

1. 15
2. 30
3. 45
4. 60

3-6. Who may delay billing on a patient not presenting with a valid ID?

1. Commanding Officer
2. Personnel Officer
3. Third Party Collections
4. Patient Billing

3-7. What is the length of time a newborn can be treated without presenting a valid ID card?

1. 60 days
2. 90 days
3. 6 months
4. 1 year

3-8. Which of the following Foreign Military Personnel are not eligible for care at Naval MTF's?

1. NATO personnel stationed in the U.S.
2. Crew of visiting aircraft
3. Crew of NATO ships in port
4. Foreign military on vacation in the U.S.
3-9. Which of the following is not a type of dental care?

1. Routine
2. Special
3. Emergency
4. Elective

3-10. Treatment that is necessary to relieve pain, control bleeding, and manage septic conditions falls under Special Types of dental care.

1. True
2. False

3-11. Of the following, who will be the first to receive dental care?

1. Active duty - routine
2. Member of Senior Training Corp - special
3. Civilian - elective
4. Family member of active duty - emergency

3-12. What program is used to evaluate the degree of excellence in care delivered and its results for future improvement?

1. Quality Issuance
2. Quality Improvement
3. Quality Assurance
4. Quality Result

3-13. Medical care rendered by healthcare providers to Navy beneficiaries is sometimes considered subpar due to what fact?

1. Lack of medical skills
2. Lack of interpersonal relationship skills
3. Lack of access to care
4. Lack of healthcare providers

3-14. The Patient Relations Program is the only program that strives to enhance channels of communication between the hospital, staff, and patient populations.

1. True
2. False

3-15. Which program allows patients to voice their satisfactory or unsatisfactory complaints, including those concerning treatment?

1. Health Care Relations Program
2. Patient Relations Program
3. Quality Assurance Program
4. Patient Contact Point Program

3-16. Where would the HM look to find more information in the area of Medical Treatment Records?

1. MANMED Chapter 16
2. BUMEDINST 5210.8
3. MANMED Chapter 6
4. MANMED Chapter 17

3-17. The Family Advocacy Program identifies, treats, and monitors Navy personnel engaging in which types of behavior?

1. Spousal abuse
2. Child abuse
3. Sexual abuse
4. All of the above
3-18. Physical readiness testing is required to be conducted by subordinate commands, who's medical departments are responsible for all of the following EXCEPT?

1. Providing technical assistance to BUPERS
2. Conducting lifestyle, fitness, and obesity research
3. Assisting in the development of exercise prescriptions
4. Process waivers for completing the PRT

3-19. Failure to obtain consent prior to initiation of medical treatment may result in medical malpractice and/or assault and battery.

1. True
2. False

3-20. Who is obligated to provide the patient with all necessary information to make a knowledgeable decision on a proposed medical procedure?

1. Hospital Corpsman
2. Medical Provider
3. Patient Administration Officer
4. Nurse Corps Officer

3-21. Consent prior to initiation of medical treatment is required in all routine, emergency, and elective procedures.

1. True
2. False

3-22. What legal doctrine serves as the final authority over and determines the control of substitute consent?

1. Hospital Rules
2. Federal Law
3. State Law
4. The Joint Commission

3-23. Who is recommended to act as a witness when the patient is consenting to a medical procedure?

1. Family Member
2. Staff member not involved in the procedure
3. Staff member involved in the procedure
4. Another medical provider

3-24. Under the Freedom of Information Act the Navy must make all documents available EXCEPT those that are exempt.

1. True
2. False

3-25. Which policy was established to provide a balance between the public and the privacy of an individual?

1. Privacy Act of 1974
2. Freedom of Information Act
3. HIPPA Privacy Rule
4. DODINST 6025.18

3-26. The HIPAA Privacy Rule allows for disclosure of what information?

1. Name and Social
2. Medical Treatment Rendered
3. Protected Health Information
4. Dental Treatment Rendered

3-27. Personal Health Information is required to be disclosed for all of the following reasons EXCEPT?

1. Treatment
2. Security
3. Payment
4. Health Care Operations
3-28. Under what act is it unlawful for the United States military to be used as an enforcer or to assist in the enforcement of federal or state law?

1. Privacy Act
2. HIPPA Security Act
3. Freedom of Information Act
4. Posse Comitatus Act

3-29. Who is authorized to deliver an Active Duty member to federal law enforcement authorities and based upon what actions?

1. Commanding Officer, presentation of a federal warrant
2. Medical Officer, presentation of a federal warrant
3. Executive Officer, presentation of a federal warrant
4. Commanding Officer, presentation of an accusation

3-30. Prisoners as patients categorized under all of the following categories EXCEPT?

1. Family member prisoners
2. Enemy POW and other detained personnel
3. Non-military federal prisoners
4. Military prisoners

3-32. All military prisoners with active sentences are allowed to receive medical care.

1. True
2. False

3-33. Where can the HM locate guidance on care, evaluation, and medico-legal documentation for a victim alleged of rape or sexual assault?

1. NCIS
2. OPNAVINST 1752.1
3. SECNAVINST 5800.11
4. NAVMEDCOMINST 6310.3

3-34. What is the reason many legal battles are lost?

1. Victim refuses to speak out
2. Improper documentation of medical treatment
3. Failure to adhere to proper administrative procedures
4. The many mistakes made by Hospital Corpsman, nurses, and medical providers
4-1. Custody of health records is generally vested in the medical department. On ships without a medical department representative, an individual retains custody of the record until which of the following times, if any?

1. Transfer
2. Transfer with verification every 6 months
3. Transfer with annual verification
4. Never

4-2. When a member is hospitalized in a foreign nation and the ship departs port, the health record is?

1. Retained on board
2. Turned over to the hospital
3. Forwarded to the nearest U.S. consulate or embassy
4. Turned over to another U.S. vessel in port

4-3. The health record jacket of PO3 Walter T. Door, 333-44-5555, would be what color?

1. Blue
2. Almond
3. Orange
4. Pink

4-4. The health jackets of flag or general officers should be annotated to reflect their rank.

1. True
2. False

4-5. When a HREC is opened on a service member, the member should be directed to read and sign the Privacy Act Statement inside the back cover of the HREC.

1. True
2. False

4-6. Entries to the Chronological Record of Medical Care, SF 600, when not typewritten, should be made in which color(s) of ink?

1. Blue
2. Black or blue-black
3. Red
4. Ink color is irrelevant

4-7. What is the preferred form on which to record admission to the hospital?

1. SF 509, Medical Record-Progress Report
2. SF 600, Chronological Record of Medical Care
3. NAVMED 6150/4, Abstract of Service and Medical History
4. NAVMED 6150/20, Summary of Care

4-8. A health record is opened in which of the following cases?

1. When a member returns to active duty from the retired list
2. When the original record has been lost
3. When first becoming a member of the naval service
4. In all the above cases
4-9. A well known research group requests medical information to use as part of the basis of a study it is performing. What action, if any, should be taken prior to release?

1. None; an individual’s medical information may not be released
2. Commanding officer of the MTF should release information immediately
3. Commanding officer of the MTF should check with the Judge Advocate General for advice
4. Commanding officer of the MTF should forward the request to BUMED for guidance

4-10. In which of the following circumstance should the health record be verified?

1. Reporting to a new command
2. When transferring
3. Annually
4. All of the above

4-11. Under which of the following circumstances would a member’s health record NOT be closed?

1. Transfers to a new duty station
2. Transfers to the Fleet Reserve
3. Placed on the retired list
4. Declared missing in action

4-12. On which of the following documents would a notation be made concerning a member’s status as a deserter?

1. SF600
2. NAVMED 6100/1
3. NAVMED 6150/2
4. Both 1 and 3

4-13. A member separated for disability should receive a copy of the HREC to present to the VA so that the member’s claim can be processed expeditiously.

1. True
2. False

4-14. Which of the following FMP codes will be placed in the two diamonds preceding the SSN for an active duty member?

1. 01
2. 20
3. 30
4. 60

4-15. Which of the following phrases is written in the lower portion of the patient’s identification box for retired 0-7 and above personnel?

1. “VIP”
2. “ADMIRAL”
3. “FLAG/GENERAL OFFICER”
4. “ATTENTION ON DECK”

4-16. Which of the following symbols and which color of felt-tip pen is used in the alert box if the patient has an allergy or sensitivity?

1. “A/S” Black
2. “X” Red
3. “A/S” Red
4. “X” Black
4-17. Which, if any, of the following color felt-tip pens is used to mark the annual verification section on the right-hand side of the dental record jacket?

1. Red
2. Blue
3. Black
4. None of the above

4-18. The form printed on the inside of the front jacket cover should be completed in what type of writing utensil?

1. Pen
2. Pencil
3. Crayon
4. Felt tip pen

4-19. Where is the DD 2005, Privacy Act Statement located in the NAVMED 6150/21-30?

1. Back cover
2. Back of front page (Part I)
3. Back of center page (Part III)
4. Front of center page (Part II)

4-20. Where is the Disclosure Accounting Record located in the NAVMED 6150/21-30?

1. Back cover
2. Back of front page (Part I)
3. Back of center page (Part III)
4. Front of center page (Part II)

For questions 4-21 through 4-29, use the following diagram:

A. SF 600
B. PHS-731
C. DD 2766
D. SF 513
E. DD 771
F. EZ603A
G. EZ603
H. NAVMED 6600/3
I. SF 509

4-21. Dental Health Questionnaire

1. A
2. D
3. B
4. H

4-22. Routinely used for inpatient admission and filed in the IREC.

1. I
2. B
3. F
4. H

4-23. Primary form for all outpatient care

1. G
2. A
3. B
4. C
4-24. Adult Preventive and Chronic Care Flow Sheet

1. I
2. C
3. E
4. F

4-25. Eyewear Prescription

1. E
2. F
3. G
4. A

4-26. Consultation Sheet

1. D
2. B
3. E
4. I

4-27. A member's personal record of immunization

1. A
2. I
3. B
4. C

4-28. Dental Exam Form

1. F
2. G
3. H
4. I

4-29. Dental Treatment Form

1. A
2. C
3. G
4. F

4-30. Dental Exam Forms should be filed in which section of the NAVMED 6150/21-30?

1. Back of center page (Part III)
2. Front of center page (Part II)
3. Inside back cover (Part IV)
4. Inside front cover (Part I)

4-31. Where is the Forensic Examination form located in the NAVMED 6150/21-30?

1. Inside back cover (Part IV)
2. Back of front page (Part I)
3. Back of center page (Part III)
4. Front of center page (Part II)

4-32. The most current Dental Treatment Form, EZ603A is filed in which section of the NAVMED 6150/21?

1. Back cover
2. Front cover
3. Inside back cover (Part IV)
4. Inside front cover (Part I)

4-33. When using the terminal digit filing system, how many equal sections are the central files divided into?

1. 100
2. 200
3. 300
4. 50

4-34. All forms documenting patient care placed in the NAVMED 6150-21/30 will contain which of the following patient information?

1. FMP and sponsor's SSN
2. Name- last, first, middle initial
3. Sponsor's branch of service and status
4. All of the above
4-35. Which of the following NAVMED Forms is the Health Record Receipt?

1. NAVMED 6150/1
2. NAVMED 6150/6
3. NAVMED 6150/7
4. NAVMED 6150/8

4-36. Sequential bitewing radiographs should be filed in which section of the NAVMED 6150/21-30?

1. Back of center page (Part III)
2. Front of center pager (Part II)
3. Inside back cover (Part IV)
4. Inside front cover (Part I)

4-37. What is the maximum time allowed for the retention of loose treatment forms?

1. 3 months
2. 6 months
3. 1 year
4. 2 years
ASSIGNMENT 5

Book Assignment: "Medical Logistics," pages 5-1 to 5-30

5-1. Where would the HM locate the policies and guidance for operating and managing procedures of supply departments and activities?

1. NAVSUP 485
2. OPNAVINST P-485
3. NAVMEDCOMINST 4850
4. NAVSUP P-485

5-2. The agreement to a contract with a vendor without the appropriate level of authority is also known as?

1. Commitment
2. Obligation
3. Unauthorized commitment
4. Ratification

5-3. When a requisition exceeds the current competitive threshold, the HM must receive quotes from how many additional vendors?

1. 1
2. 2
3. 3
4. 4

5-4. Any item that has an application and appears on APL, SNSL, ISL, or Naval Ship Systems Command is known as what?

1. Consumable
2. Non-consumable
3. Repair part
4. Standard stock item

5-5. How many digits are included in the Federal Supply Classification?

1. 4
2. 3
3. 2
4. 1

5-6. Federal Supply Classification

1. A
2. B
3. C
4. D

5-7. National Codification Bureau Code

1. A
2. B
3. C
4. D

5-8. The sum total of the operating level and safety level is also known as what?

1. Requisitioning objective
2. Supply Level
3. Stockage objective
4. Operating level

5-9. A Controlled Substance Inventory is conducted how often?

1. Weekly
2. Monthly
3. Annually
4. Bi-annually
5-10. The end user must complete all of the following **EXCEPT** upon receipt of items?

1. Sign
2. Date
3. Circle Amount
4. Place a check by each item received

5-11. What is the most common receipt document that is encountered?

1. DD 200
2. DD 1348
3. DD 1348-1
4. DD 1200

5-12. When the HM encounters a shipping or packaging discrepancy on behalf of the shipper, the HM should submit a?

1. Discrepancy report
2. DD 365
3. Report of Discrepancy
4. DD 374

5-13. A ROD is submitted on what form?

1. DD 364
2. NAVMED 3640
3. NAVSUP 364
4. SF 364

5-14. The first in, first out method is the process of issuing items to the first person that arrives.

1. True
2. False

5-15. The first in, first out method is most important when dealing with items that have a shelf life or expiration code.

1. True
2. False
ASSIGNMENT 6

Book Assignment: “Human Anatomy and Physiology,” pages 6-1 to 6-122

6-1. When the body is in the anatomical position, the thumbs point?

1. Medially
2. Laterally
3. Anteriorly
4. Posteriorly

6-2. A person lying on his/her back is in what position?

1. Prone
2. Erect
3. Supine
4. Lateral recumbent

6-3. The physical and chemical breakdown of the food we eat is called?

1. Metabolism
2. Digestion
3. Anabolism
4. Catabolism

6-4. The transfer of fluids across the plasma membrane of a cell from an area of higher concentration to an area of lower concentration is a process known as?

1. Infusion
2. Diffusion
3. Perfusion
4. Osmosis

6-6. That portion of a cell containing all the genetic material important in the cell’s reproduction is called the?

1. Plasma membrane
2. Nucleus
3. Cytoplasm
4. Reticulated endothelium

6-7. The secretion of digestive fluids and the absorption of digested foods and liquids is the chief function of which tissue?

1. Columnar
2. Osseus
3. Serous
4. Squamous

6-8. The body’s primary thermo-regulatory action is a function of dilating and contracting blood vessels and the?

1. Stratum germinativum
2. Sweat glands
3. Sebaceous glands
4. Melanin

6-9. Which of the following are the two most prominent mineral elements of bone?

1. Ossein and calcium
2. Phosphorus and calcium
3. Sodium and phosphorus
4. Periostium and ossein

6-10. The bones of the wrist are classified as which of the following bones?

1. Long
2. Short
3. Flat
4. Irregular
6-11. Bones of the cranium include which of the following?

1. Maxilla
2. Occipital
3. Atlas and Axis
4. All of the above

6-12. The axial skeleton is composed of which two regions of the skeletal system?

1. Skull and vertebral column
2. Thorax and upper extremities
3. Pelvis and thorax
4. Upper and lower extremities

6-13. The upper three ribs on each side are known as which of the following types?

1. True
2. False
3. Floating
4. Sternal

6-14. The concavity into which the head of the humerus articulates is called the?

1. Scapula
2. Acetabulum
3. Glenoid fossa
4. Epicondyle

6-15. The innominate bone is composed of three parts that are united in adults to form a cuplike structure called the?

1. Glenoid fossa
2. Acetabulum
3. Symphysis pubis
4. Obturator Foramen

6-16. The prominence easily felt on the inner and outer aspects of the ankle are called?

1. Medial and lateral malleolus
2. Medial and lateral condyle
3. Greater and lesser tuberosities
4. Greater and lesser trochanters

6-17. Bones that develop within a tendon are known as which of the following?

1. Condyloid
2. Sesamoid
3. Veriform
4. Fastiform

6-18. Moving an extremity away from the body is called?

1. Flexion
2. Extension
3. Abduction
4. Adduction

6-19. The act of straightening a limb in known as?

1. Flexion
2. Extension
3. Abduction
4. Adduction
6-20. The primary function of the muscles includes all of the following EXCEPT?

1. Providing heat during activity
2. Maintaining body posture
3. Producing red blood cells
4. Providing movement

6-21. Which of the following properties describes the ability of muscles to respond to a stimulus?

1. Contractility
2. Irritability
3. Extensibility
4. Tonicity

6-22. The ability of muscles to regain their original form when stretched is known as?

1. Contractility
2. Elasticity
3. Extensibility
4. Tonicity

6-23. Actin and myosin are two protein substances involved in?

1. Muscle recovery
2. Muscle nourishment
3. Muscle contraction
4. Rigor mortis

6-24. If a generally sedentary person in less than good physical health enters a marathon with the intent to complete the race, which of the following outcomes can he/she be expected to encounter?

1. If the day is cool, there will be no significant risk
2. Any physical deficiency can be overcome with a carbohydrate-rich diet before the race
3. If stretching exercises are performed before the race, he/she will be ok
4. He/she runs the risk of muscle damage

6-25. Intramuscular injections are frequently given in which of the following muscles?

1. Trapezius
2. Pectoralis majoris
3. Deltoid
4. All of the above

6-26. Intramuscular injections are usually given in which of the following muscles?

1. Quadriceps
2. Sartorius
3. Gastrocnemius
4. Gluteus maximus

6-27. The total blood volume in the average adult is in what range?

1. 3 to 4 liters
2. 4 to 5 liters
3. 5 to 6 liters
4. 6 to 7 liters
6-28. A decreased red blood cell (RBC) count could be the result of a medical condition affecting the?

1. Compact bone
2. Peritoneum
3. Yellow marrow
4. Red marrow

6-29. A white blood cell (WBC) count of 18,000 may indicate what condition?

1. Leukocytosis
2. Normalecy
3. Infection
4. Vetiligo

6-30. In an accident victim suffering from a fibrinogen deficiency, the rescuer may have difficulty performing which of the actions listed below?

1. Controlling hemorrhage
2. Immobilizing a fracture
3. Supporting respiratory function
4. Reducing a dislocation

6-31. In addition to preventing excessive blood loss, the formation of a blood clot serves which, if any, of the following purposes?

1. To convert fibrinogen into blood serum to aid healing
2. To form the foundation for new tissue growth
3. To manufacture leukocytes
4. None of the above

6-32. The valves of the heart include all of the following EXCEPT?

1. Atrial
2. Mitral
3. Vagus
4. Pulmonary

6-33. Oxygenated blood is carried by which of the following vein(s)?

1. Inferior vena cava
2. Superior vena cava
3. Portal
4. Pulmonary

6-34. The contraction phase of the heart is?

1. Systole
2. Tension
3. Diastole
4. Active

6-35. The pulse pressure is the difference between which of the following measurement?

1. Venous and arterial pressure
2. Resting and active pulse rate
3. Arterial and ventricle pressure
4. Systole and diastole

6-36. The venous system that carries digested materials from the intestinal tract is called the?

1. Portal
2. Pulmonary
3. Abdominal
4. Pelvic

6-37. Lymph nodes participate in all of the following functions EXCEPT?

1. Manufacture of the white blood cells
2. Filtration of bacterial debris
3. Production of hormones
4. Collection of large protein molecules
6-38. Windpipe is another term for?

1. Nares  
2. Larynx  
3. Trachea  
4. Pharynx

6-39. The primary muscle of respiration is known as the?

1. Pleura  
2. Alveolus  
3. Diaphragm  
4. Mediastinum

6-40. Of the following nerves, which, if any, controls the larynx during the process of breathing?

1. Phrenic  
2. Intercostal  
3. Vagus  
4. None of the above

6-41. A nerve, cell, or neuron is composed of all of the following EXCEPT a/an?

1. Synapse  
2. Axon  
3. Perikaryon  
4. Dendrite

6-42. The impulse receptors of a nerve are called?

1. Dendrites  
2. Schwann cells  
3. Ganglia  
4. Neurons

6-43. The space through which a nerve impulse passes from one neuron to another is called a/an?

1. Myelin sheath  
2. Synapse  
3. Axon  
4. Ganglion

6-44. Balance, coordination or movement, and harmony of motion are functions of what part of the brain?

1. Cerebral cortex  
2. Cerebellum  
3. Pons  
4. Temporal lobe

6-45. Circulation and respiration are controlled primarily from what area of the brain?

1. Medulla  
2. Pons  
3. Cerebral cortex  
4. Cerebellum

6-46. The meninges, which cover the outer portion of the brain and spinal cord are composed of all the following EXCEPT?

1. Dura mater  
2. Pia mater  
3. Arachnoid membrane  
4. Foramen magnum

6-47. In what part of the body is cerebral spinal fluid produced?

1. Central Ventricles  
2. Spinal cord  
3. Meninges  
4. Medulla Oblongata
6-48. The 12 pairs of cranial and 31 pairs spinal nerves form what nervous system?

1. Peripheral
2. Central
3. Autonomic
4. Sympathetic

6-51. This nerve receives sensory input from the face.

1. E
2. F
3. J
4. K

6-52. The autonomic nervous system is composed of two main divisions.

1. Pons and medulla oblongata
2. Voluntary and involuntary systems
3. Sympathetic and parasympathetic systems
4. Central and peripheral systems

6-53. Conservation and restoration of energy are the result of nerve impulses arising from which, if any, of the following nervous systems?

1. Sympathetic
2. Parasympathetic
3. Voluntary
4. None of the above

6-49. This nerve controls the muscles of the tongue.

1. E
2. F
3. I
4. L

6-50. This nerve allows you to stick out your tongue.

1. D
2. G
3. J
4. L

6-54. Increased heart rate.

1. A
2. B
3. C
4. D
6-55. Visual Acuity

1. A
2. B
3. C
4. D

6-56. Decreases heart rate to within normal limits

1. A
2. B
3. C
4. D

6-57. Reflex arc

1. A
2. B
3. C
4. D

6-58. Hormones secreted by the endocrine system are?

1. Secreted directly into the gland, tissue, or organ it influences
2. Directed to the gland, tissue, or organ by a duct system
3. Secreted into the circulatory system
4. Typically produced in large quantities

6-59. The overproduction of which hormone leads to acromegaly?

1. Somatotropin
2. Oxytocin
3. Gonadotropin
4. Thyroxin

6-60. Which of the following diseases is characterized by a deficiency of the antidiuretic hormone?

1. Myxedema
2. Diabetes insipidus
3. Hyperthyroidism
4. Addison's disease

6-61. An insufficient secretion of thyroxin is characterized by all of the following EXCEPT?

1. Weight gain
2. Fatigue
3. Profuse sweating
4. Slowed heart rate

6-62. Calcium levels in the blood are controlled by which of the following hormones?

1. Thyroxin
2. Vasopressin
3. Oxytocin
4. Parathormone

6-63. Electrolyte balance is a function of the hormone produced by the?

1. Posterior lobe of the pituitary gland
2. Anterior lobe of the pituitary gland
3. Cortex of the adrenal gland
4. Medulla of the adrenal gland

6-64. A metabolic response to epinephrine includes which, if any, of the symptoms listed below?

1. Decreased heart rate
2. Increased blood pressure
3. Respiratory distress
4. None of the above
6-65. What hormone is produced by the alpha cells of the islands of Langerhans in the pancreas?

1. Glucagon
2. Insulin
3. Norepinephrine
4. Androgens

6-66. The cornea is part of the protective outer layer of the eye called the.

1. Sclera
2. Conjunctiva
3. Choroid
4. Crystalline body

6-67. The inner part of the eye derives its dimensional nourishment primarily from what vascular tissue?

1. Conjunctiva
2. Sclera
3. Vitreous humor
4. Choroid

6-68. Dilation of the pupil, a muscular response of the iris, normally occurs as a result of what?

1. Increased intensity of light
2. Decreased intensity of light
3. Irritation to the sclera
4. Irritation to the conjunctiva

6-69. Of the elements listed below, which makes seeing in the dark possible?

1. Rods
2. Cones
3. Iris
4. Choroid

6-70. By what process is three-dimensional vision produced?

1. Accommodation
2. Convergence
3. Refraction
4. Stimulation

6-71. The mechanical transmission of sound from the tympanic membrane to the inner ear is a function of which of the following?

1. Auditory ossicles
2. Eustachian tubes
3. Bony labyrinth
4. Organ of corti

6-72. What structure(s) of the inner ear provide(s) neural stimuli used to maintain equilibrium?

1. Fenestra rotunda
2. Fenestra ovalis
3. Semicircular canals
4. Organ of corti

6-73. The conversion of mechanical impulses (sound waves) to neural impulses that can be interpreted by the brain is a function of the _____?

1. Endolymph
2. Semicircular canals
3. Organ of Corti
4. Fenestra ovalis

6-74. The enzymatic action of amylase results in the chemical breakdown of _____?

1. fats to fatty acids
2. starches to fats
3. starches to complex sugars
4. proteins to complex sugars
6-75. Absorption of food occurs predominantly in which of the following areas of the intestines?

1. Small intestines
2. Large intestines
3. Mouth
4. Stomach

6-76. Of these listed below, which function as the accessory organs of digestion for the small intestines?

1. Pancreas, liver, and villae
2. Spleen, liver, and gallbladder
3. Pancreas, pylorus, and spleen
4. Pancreas, liver, and gallbladder

6-77. The gallbladder performs which of the following purposes?

1. Stimulates the production of insulin
2. Stores bile
3. Metabolizes sugars
4. Produces antibodies

6-78. The functional unit of the kidney is called the?

1. Nephron
2. Malpighian body
3. Glomerulus
4. Loop of Henle

6-79. Which of the following is/are (a) function(s) of the kidneys?

1. To maintain acid-base balance
2. To remove excess waste from the blood
3. Formation of urine
4. All of the above

6-80. What is the approximate total capacity of the adult bladder?

1. 250 ml
2. 300 ml
3. 600 ml
4. 750 ml

6-81. Testosterone production is a function of which of the following glands?

1. Cowper's
2. Prostate
3. Testes
4. Bulbourethral

6-82. Which of the following is/are considered the primary female reproductive organs?

1. Ovaries
2. Fallopian tubes
3. Uterus
4. Endometrium

6-83. Fertilization of an ovum normally takes place in the?

1. Ovaries
2. Fallopian tubes
3. Uterus
4. Vagina

6-84. The limitations imposed upon a healthcare provider are based on local regulations and which of the following elements?

1. The rating's occupational standards
2. The rate training manual
3. The provider's training and experience
4. All of the above
ASSIGNMENT 7

Book Assignment: “Oral Anatomy and Physiology,” pages 7-1 to 7-33

7-1. Dental development usually begins in which week of prenatal life?
   1. Fourth
   2. Fifth
   3. Sixth
   4. Either 2 or 3

7-2. How many total tooth buds are present in the prenatal maxillary and mandibular arch?
   1. 32
   2. 20
   3. 15
   4. 10

7-3. What is the name of the last period of tooth growth?
   1. Histodifferentiation
   2. Morphodifferentiation
   3. Eruptodifferentiation
   4. Both 2 and 3

7-4. How many years does it take permanent teeth to emerge after crown completion?
   1. One
   2. Two
   3. Three
   4. Four

7-5. When primary teeth get ready to fall out and make way for the eruption of permanent teeth, what is the name of this process?
   1. Exposure
   2. Histology
   3. Infoliation
   4. Exfoliation

7-6. The part of the crown that is visible in the mouth is known by which of the following terms?
   1. Clinical crown
   2. Clinical tooth
   3. Clinical enamel
   4. Clinical exposure

7-7. What is the name of the region where the roots separate?
   1. Apex
   2. Furcation
   3. Bifurcated
   4. Trifurcated

7-8. The tip of each root is known by which of the following terms?
   1. End
   2. Arch
   3. Angle
   4. Apex

7-9. When there is a slight indentation that encircles the tooth and marks the junction of the crown with the root, it is known by which of the following terms?
   1. Bifurcation
   2. Cervical line
   3. Clinical line
   4. Junction line

7-10. Enamel is formed by what type of epithelial cells?
   1. Ameloblasts
   2. Dentinoenamel
   3. Peticcoat
   4. Enamel
7-11. What is the chief function of the pulp?
   1. Provides feeling to the tooth
   2. Formation of cementum
   3. Formation of dentin
   4. Formation of enamel

7-12. What portion of the maxilla and mandible are teeth embedded?
   1. Alveolar process
   2. Alveolus
   3. Socket
   4. Root

7-13. When viewed by a radiograph, the trabecular bone will have what type of an appearance?
   1. Spongy-like
   2. Wavy-like
   3. Plate-like
   4. Web-like

7-14. A tooth is suspended in its socket by what ligament?
   1. Lamina dura
   2. Masticatory
   3. Periodontal
   4. Alveolar

7-15. The oral mucosa consists of how many total types of mucosa?
   1. One
   2. Two
   3. Three
   4. Four

7-16. The hard palate is covered with what type of mucosa?
   1. Masticatory
   2. Specialized
   3. Lining
   4. Rugae

7-17. What is the term given to the portion of gingiva that extends from the gingival crest to the crest of the bone?
   1. Gingival margin
   2. Unattached gingiva
   3. Attached gingiva
   4. Gingival sulcus

7-18. What area is the first to show symptoms of gingivitis?
   1. Interdental papilla
   2. Muco-gingival junction
   3. Epithelial attachment
   4. Gingival margin

7-19. What area prevents food from packing between the teeth?
   1. Interdental papilla
   2. Muco-gingival junction
   3. Epithelial attachment
   4. Gingival margin

7-20. What type of tissue is found on the inside of the lips, cheeks, vestibule, soft palate, and under the tongue?
   1. Lining mucosa
   2. Inter mucosa
   3. Soft mucosa
   4. Gingiva
7-21. How many dental quadrants are in the mouth?
1. One
2. Two
3. Three
4. Four

7-22. How many primary teeth are there in a normal deciduous mouth?
1. 30
2. 20
3. 16
4. 12

7-23. Which of the following reasons affect how teeth are formed?
1. Cutting
2. Tearing
3. Grinding
4. All of the above

7-24. What type of shape does the lingual surface of an incisor have?
1. Axe
2. Rake
3. Shovel
4. Angled

7-25. Cuspids are designed to perform what type of function?
1. Cutting and tearing
2. Cutting and grinding
3. Crushing and holding
4. Chewing and grinding

7-26. What is the name of the system that is used by the armed forces to identify teeth?
1. Universal location
2. Universal positioning
3. Universal numbering
4. Universal selection

7-27. Primary teeth are identified by which letters of the alphabet?
1. A to W
2. A to V
3. A to U
4. A to T

7-28. The mesial surface of a tooth is located in which area?
1. Closest to midline of the arch
2. Toward the cheeks
3. Toward the tongue
4. Away from the midline of the arch

7-29. The distal surface of a tooth is located in which area?
1. Closest to midline of the arch
2. Toward the cheeks
3. Toward the tongue
4. Away from the midline of the arch

7-30. A tooth has how many proximal surfaces?
1. One
2. Two
3. Three
4. Four
7-31. The inter-proximal space is occupied by what type of anatomy?

1. Embrane
2. Interdental klingons
3. Interdental papilla
4. Interdental contact

7-32. The anteroposterior curve is referred to by what term?

1. Curve of Koffax
2. Curve of Wilson
3. Curve of Splee
4. Curve of Spee

7-33. If a patient’s profile is characterized as “normal,” it is a class ___Angle.

1. I
2. II
3. III
4. IV

7-34. The mesial margin of a maxillary central incisor meets the incisal edge at almost what degree angle?

1. 30
2. 90
3. 110
4. 180

7-35. What are the first permanent teeth to erupt?

1. Maxillary lateral incisor
2. Maxillary central incisor
3. Mandibular lateral incisor
4. Mandibular central incisor

7-36. What is the term used to describe the appearance of a mandibular first bicuspid?

1. Bell-ringer
2. Bell-crowned
3. Bell-cusp
4. Bell-shaped

7-37. What tooth will have a fifth cusp on it?

1. Maxillary first molar
2. Maxillary second molar
3. Mandibular first molar
4. Mandibular second molar

7-38. What dental anatomy has a rounded or angular depression of varying sizes found on the surface of a tooth?

1. Groove
2. Fossa
3. Cusp
4. Pit

7-39. What is the name of the dental anatomy that has small, rounded projections of enamel from the incisal edges of newly erupted anterior teeth?

1. Oblique ridge
2. Cusp ridge
3. Groove
4. Mamelons
ASSIGNMENT 8

Book Assignment: "Oral Pathology," pages 8-1 to 8-14

8-1. Which of the following conditions does the science of Oral Pathology NOT treat?

1. Nature of the disease
2. Surgical procedures
3. Causes of the disease
4. Development of the disease

8-2. Who is responsible for informing a patient when an oral disease is found?

1. Dental Technician
2. Advanced Dental Technician
3. Dental Officer
4. Both 2 and 3

8-3. About how many milliliters (ml) of saliva do the salivary glands secrete on a daily basis?

1. 150 ml
2. 750 ml
3. 1500 ml
4. 1750 ml

8-4. An enclosed pouch or sac that contains fluid or semi-solid material.

1. A
2. B
3. C
4. E

For questions 8-5 through 8-10, use the following diagram:

A. Abscess
B. Cyst
C. Ulcers
D. Vesicles
E. Hematoma
F. Petechiae
G. Ecchymoses

8-5. May be caused by biting, denture irritation, toothbrush injury, viruses, or other irritants.

1. C
2. D
3. E
4. G

8-6. A round pinpoint non-raised, lesion with purplish-red spots.

1. C
2. E
3. F
4. G

8-7. A local collection of blood that escaped from blood vessels because of trauma.

1. A
2. E
3. F
4. G

8-8. A small elevation that contains fluid.

1. A
2. B
3. C
4. D

8-9. Large, purplish-red areas caused by blood under the skin or mucosa.

1. A
2. E
3. F
4. G
8-10. Commonly caused by a bacterial infection.

1. A
2. C
3. B
4. F

8-11. When dental caries first appear on enamel, what is that appearance?

1. A chalky white spot
2. A small brown spot
3. A hollowed out hole
4. All of the above

8-12. What type of bacteria has been linked to tooth decay?

1. Staphylococcus
2. Proteus
3. Streptococci
4. Micrococcus

8-13. Recurrent caries will occur in a tooth in which of the following circumstances?

1. Trapped air pockets
2. Sealed margins
3. Leaky margins
4. All of the above

8-14. Pit and fissure caries develop in what area of a tooth?

1. Depressions
2. Pulp chamber
3. Smooth surfaces
4. Proximal surfaces

8-15. Smooth surface caries develop in what area of a tooth?

1. Depressions
2. Pulp chamber
3. Incisal third
4. Proximal surfaces

8-16. Pulpalgia commonly occurs after which of the following procedures has been performed on a tooth?

1. Extraction
2. After a restoration
3. Before a restoration
4. After placement of gutta-percha

8-17. Which of the following definitions best describes pulpitis?

1. Restoration of the dental pulp
2. Inflammation of the restoration
3. Inflammation of the dental pulp
4. Periapical abscess of the dental pulp

8-18. If a periapical abscess is left untreated, in what area of a tooth will bone loss occur?

1. Apex
2. Pulp
3. Crown
4. Both 2 and 3

8-19. Dead pulpal tissue will decompose and produce which of the following results?

1. Secondary dentin
2. Secondary pulp tissue
3. Toxins
4. Fistula
8-20. What chronic disease is the most prevalent in mankind?

1. Periapical
2. Periodontal
3. AIDS
4. HIV

8-21. Marginal gingivitis usually starts in which of the following areas?

1. Sulcus
2. Front teeth
3. Periodontal pockets
4. Tips of the papillae

8-22. The ulceration of the gingival crest in NUG results in what type of an appearance?

1. Punched-out
2. Stippling
3. Swollen
4. Torn

8-23. When periodontitis progresses, the gingival tissues will appear as what color?

1. Dark red
2. Bluish red
3. Bluish yellow
4. Grayish white

8-24. During pocket formation, what type of projections of calculus form between the teeth?

1. Shelf-like
2. Bone-like
3. Crystal-like
4. Smooth-like

8-25. The gingiva surrounding a periodontal abscess will have which of the following appearances?

1. Red and hard
2. Hollow and swollen
3. Bleeding and swollen
4. Inflamed and swollen

8-26. Recurrent aphthous stomatitis are lesions of what type?

1. Ulcers
2. Abscesses
3. Blisters
4. Neoplasms

8-27. What type of herpes simplex virus is most commonly diagnosed in oral pathology?

1. HSV-1
2. HSV-2
3. HSV-3
4. HSV-4

8-28. Recurrent herpes simplex lesions that affect routine dental treatment should be rescheduled for what period of time?

1. 2-3 days
2. 3-6 days
3. After the active phase
4. Before the active phase

8-29. Which of the following oral manifestations are a sign of HIV infection?

1. Candidiasis
2. Hairy leukoplakia
3. Kaposi's sarcoma
4. All of the above
8-30. What are the two types of neoplasms that can be diagnosed in oral cancer?

1. Neo-carcinoma and malignant
2. Benign and malignant
3. Benign and neo-carcinoma
4. HSV-1 and HSV-2

8-31. The growth or spread of malignant tumors from one area to another is known by which of the following conditions?

1. Transdermal
2. Transfusion
3. Transferism
4. Metastasis

8-32. The area where the user of smokeless tobacco develops an oral precancerous lesion, is defined as what type of pathology?

1. Sportsman’s dipper keratosis
2. Snuff-dipper’s keratosis
3. Farmers lesions
4. Leuko-keratosis

8-33. When does a congenital disorder occur?

1. At death
2. After birth
3. At birth
4. Before birth

8-34. What condition must exist for an impaction to occur?

1. Missing deciduous teeth
2. Abnormal position
3. Physical barrier
4. All of the above

8-35. Which of the following conditions causes attrition?

1. Breakdown of enamel, dentin, and cementum
2. Wear involving teeth against teeth
3. Large tooth crowns
4. Bulimia

8-36. Which disorder affects patients with Bulimia?

1. Erosion
2. Attrition
3. Abrasion
4. Impaction
ASSIGNMENT 9

Book Assignment: “Preventive Medicine and Infection Control,” pages 9-1 to 9-31

9-1. A _____ is any animal capable of transmitting pathogens or producing human or animal discomfort or injury.

1. Pest
2. Pathogen
3. Vector
4. Virus

9-2. The findings of food-service inspections are documented on what form?

1. NAVMED P-5010
2. NAVMED 6240/1
3. SECNAVINST 4060.1
4. NAVMED P-5038

9-3. What instruction sets the standard for drinking water for U.S. Naval establishments both ashore and afloat?

1. NAVMED P-5010
2. BUMEDINST 6280.A
3. NAVMED P-117
4. BUMEDINST 6240.1

9-4. The medical departments aboard ships are not required to include ice samples in any bacteriological analyses performed on water.

1. True
2. False

9-5. _____ are instruments that frequently contact mucous membranes, but cannot be sterilized because of their design or inability to withstand heat.

1. Semicritical items
2. Unit Dose
3. Pre Vacuum Sterilizer
4. Critical items

9-6. Spray-Wipe-Spray is _____.

1. A way to sterilize instruments
2. Proper dinner etiquette
3. An acceptable method of cleaning and disinfecting
4. How to apply insect repellant

9-7. When should the HM wash his/her hands?

1. At the beginning of the day
2. Before handling food
3. Between patients
4. All of the above

9-8. What is NOT a characteristic of resident flora?

1. Can survive and multiply on the skin
2. Can be cultured repeatedly from the skin
3. Are not firmly attached to the skin
4. Are usually of low virulence

9-9. What type of hand washing agent usually has 4 percent isopropyl alcohol in a sudsy base?

1. Idophors
2. Bleach
3. Chlorhexidine Gluconate
4. Chlorine
9-10. When the HM is preparing for a surgical case, what is the maximum length of the fingernail?

1. ¼ inch
2. 1 ½ inches
3. No longer than the tips of the fingers
4. The cuticle

9-11. What type of gloves are the highest quality and best fitting?

1. Examination gloves
2. Nitrile gloves
3. Procedural gloves
4. Sterile gloves

9-12. Where can clinical apparel be worn?

1. In the MTF/DTF only
2. Can go into stores for gas and emergency situations
3. Only on base
4. Can be worn home only if they are washed every night

9-13. Protective eyewear must have slotted splash shields to provide maximum protection.

1. True
2. False


1. Airborne
2. Droplet
3. Contact
4. All the above

9-15. What type of mask should be worn when in contact with a patient diagnosed with Tuberculosis?

1. Surgical mask
2. Cone mask
3. N95 respirator
4. M-15 Gas mask w/ canister

9-16. What Transmission-based Precaution requires a negative air pressure room?

1. Airborne
2. Droplet
3. Contact
4. All the above

9-17. What does the acronym MRSA stand for?

1. Methaline Resilient Sterilizer Antiseptic
2. Methicillin-Resistant Staphylococcus Aureus
3. Myopic Rutherford’s Sanitation Amalgam
4. Medical Really Sounds Awesome

9-18. What personal protective equipment item is not necessarily worn while treating a patient under Contact Precautions?

1. Gloves
2. Disposable gown
3. Mask
4. None of the above

9-19. What Transmission-based Precaution requires limited transport EXCEPT for essential purposes?

1. Airborne
2. Droplet
3. Contact
4. All the Above
9-20. What are daily measures taken to control the spread of pathogenic organisms?

1. Portal of exit
2. Concurrent Disinfection
3. Reservoir of infectious agents
4. Susceptible host

9-21. In a DTR, at the beginning of the day, the unit water lines and hoses should be flushed for how long?

1. 5 minutes
2. 1 hour
3. 1 minute
4. 30 seconds

9-22. For equipment that is difficult to clean, what should be done before using it on a patient?

1. Spray-Wipe Spray
2. A sterile or clean drape
3. Sterilize
4. Wet-vac

9-23. To perform hand piece maintenance on dental hand pieces the HM should remove hand pieces, lubricate, and then run them for how long?

1. 3 minutes
2. 1 minute
3. 30 seconds
4. 5 minutes

9-24. Which one of these choices should be placed in a Biohazardous waste receptacle?

1. Wet towel
2. Urine soaked sheets
3. Used I.V. catheter
4. Sterile gear wrapper

9-25. While in the process of doing a minor procedure the HM’s glove is punctured by a suture and it breaks the skin, should the HM report it to occupational health?

1. No, because it’s a minor procedure
2. Yes, any puncture injury with possible contaminated fluid should be reported
3. No, because the patient says he doesn’t have anything
4. Maybe, if I bleed a lot

9-26. Needles, scalpels and sutures should be disposed of in what container?

1. Thick red bag with Biohazard symbol
2. Cardboard box
3. Linen bag
4. Rigid, puncture resistant, red container with a biohazard symbol

9-27. Bed linens, towels, smocks, trousers, and other protective attire are classified as what?

1. Biohazards
2. Ordinary laundry
3. Contaminated laundry
4. OPIM

9-28. What is the term used to describe the sterilization, storage and handling of articles to keep them free of pathogenic organisms?

1. Surgical aseptic technique
2. Spray-wipe-spray
3. Medical asepsis
4. Isolation technique
9-29. What gear must be worn to enter a surgical suite?

1. Scrubs
2. Hair cover
3. Mask
4. All the above

9-30. If a sterile item's sterility is in question the HM should_______.

1. Keep it if the packages looks undamaged
2. Not use it if there is any question about the sterility
3. Use it on the next patient if the sterility indicator has changed
4. None of the above

9-31. If the surgeon asks for a specific kind of suture in the middle of a surgical case, who should retrieve it?

1. The scrub tech
2. The most junior corpsman
3. The surgeon
4. The circulator

9-32. While gowning the surgeon who is responsible for tying the gown?

1. Scrub tech
2. Circulator
3. Surgeon
4. All of the above
ASSIGNMENT 10

Book Assignment: “Disinfection and Sterilization,” pages 10-1 to 10-22

10-1. Disinfection is a more lethal process than sterilization.
   1. True
   2. False

10-2. Which of the following levels of disinfectants are classified by the EPA?
   1. Low, middle, and high
   2. Low, high, and medium
   3. Maximum, low, and high
   4. Intermediate, high, and low

10-3. What two types of micro-organisms are killed by all three levels of disinfection?
   1. Bacterial spores and nonlipid viruses
   2. Tubercle bacillus and lipid viruses
   3. Lipid viruses and vegetative spores
   4. Lipid viruses and vegetative bacteria

10-4. What are the three factors that influence germicidal procedures?
   1. Bioburden, nature of the material, and organic debris present
   2. Organic debris present, type of sterilizer, and bioburden
   3. Nature of the material, bioburden, and packaging
   4. Bioburden, packaging, and type of sterilizer

10-5. What levels of a glutaraldehyde-based solution are FDA registered?
   1. 2.0-3.2
   2. 2.3-2.0
   3. 1.0-2.0
   4. 2.5-2.6

10-6. What level of a disinfectant and sterilant are glutaraldehyde-based solutions classified?
   1. Medium
   2. High
   3. Low
   4. Both 2 and 3 above

10-7. Which of the following is a disadvantage when using chlorine dioxide-based solutions?
   1. Has a 24-day use life as a sterilant
   2. Does not readily penetrate inorganic debris
   3. Must be discarded daily
   4. All of the above

10-8. Protective eyewear and gloves are not required when using chemical agents.
   1. True
   2. False

10-9. The biocidal activity of iodophors is accomplished with how many minutes of exposure?
   1. 1 to 25
   2. 10 to 25
   3. 15 to 25
   4. 20 to 25

10-10. What level of disinfection are iodophors and phenolics classified?
   1. Intermediate
   2. High
   3. Middle
   4. Low
10-11. All semi-critical category items should receive what level of disinfection?

1. Intermediate
2. High
3. Middle
4. Low

10-12. All noncritical category items require at least what level of disinfection?

1. Intermediate
2. Middle
3. High
4. Low

10-13. What area of the treatment facility is designed for receiving, cleaning, processing, sterilizing, storing, and issuing instruments and equipment?

1. CRS
2. SRC
3. CSR
4. CPR

10-14. Which chart tells CSR personnel the specific order equipment, instruments, and materials are to be processed?

1. Figure eight
2. Functional area
3. Functional flow
4. Functional system

10-15. In what area of the CSR will the disinfection, cleaning, and lubrication of dental handpieces take place?

1. Receiving and cleaning
2. Sterilization
3. Processing
4. Issue

10-16. In what area of the CSR will the HM take contaminated instruments after completion of a patient’s treatment?

1. Issue
2. Receiving
3. Processing
4. Sterile storage

10-17. What cleaning process is safer and more effective than manual scrubbing?

1. Dip tank only
2. Ultrasonic only
3. Automated processor
4. Both 2 and 3 above

10-18. How many sinks are needed to allow personnel to perform the manual scrubbing method?

1. One
2. Two
3. Three
4. Four

10-19. What type of cleaning effect does an ultrasonic cleaner provide?

1. Cavitation
2. Positive
3. Gravity
4. Ion

10-20. For proper operation, the ultrasonic reservoir should be filled to what level with an ultrasonic solution?

1. 2” from the bottom
2. 2” from the top
3. 1/4 to 3/4’s full
4. 1/2 to 3/4’s full
10-21. How often must ultrasonic solutions be changed?

1. Daily only
2. When visibly contaminated only
3. Both 1 or 2 above
4. Monthly

10-22. You should remove instruments from the ultrasonic unit by which of the following means?

1. Your hands
2. Mesh basket
3. Instrument tongs
4. Ultrasonic retriever

10-23. After drying the instrument, what is the next step in the sterilization process?

1. Inspection
2. Packaging
3. Wrapping
4. Storing

10-24. How are hinged instruments arranged during packaging?

1. Top to bottom
2. Open
3. Closed
4. Sideways

10-25. To allow steam to circulate freely, how should packs be wrapped?

1. Open
2. Tight
3. Loosely
4. Together

10-26. The period during which sterilized items are considered safe for use is known by which of the following terms?

1. Safe zone
2. Event-rotated shelf life
3. Expiration date only
4. Both 2 and 3 above

10-27. What type of related shelf life presumes continued sterility until the package is damaged, wet, or torn?

1. Pack
2. Time
3. Event
4. Damaged

10-28. What type of related shelf life presumes that after the expiration date the item is considered outdated and should not be used?

1. Pack
2. Time
3. Event
4. Damaged

10-29. What is the shelf life for nonwoven blue wrap using the time-related method?

1. Indefinite
2. 635 days
3. 365 days
4. 30 days

10-30. What occurs when freshly sterilized items are placed on metal or cold surfaces?

1. Contamination
2. Become oily
3. Nothing
4. Stick
10-31. When storing sterilized items, how should they be arranged?

1. Alphabetically
2. Expiration, with later dates toward the front
3. Expiration, with later dates toward the rear
4. Contents only, with later dates toward the front

10-32. At what temperature are all known organisms killed?

1. 150°F
2. 121°F
3. 220°F
4. 250°F

10-33. A steam sterilizer may be referred to by what other name?

1. Old rusty
2. Autoclave
3. Autosteam
4. Dry heat

10-34. When placing packages in a sterilizer, how are they placed?

1. On the edges
2. On the top
3. In middle
4. On the bottom

10-35. What type of sterilizer was designed to overcome the trapping of air in the chamber?

1. Air-free
2. Dry heat
3. Chemical vapor
4. Prevacuum steam

10-36. What is the least expensive form of heat sterilization?

1. Air free
2. Dry heat
3. Chemical
4. Gravity displacement

10-37. All Navy prevacuum sterilizers will be tested how often using a Bowie-Dick type test?

1. Quarterly
2. Monthly
3. Weekly
4. Daily

10-38. How often is the interior of a steam sterilizer cleaned before heating?

1. After each use
2. Daily
3. Monthly
4. After every 5 cycles

10-39. What is the typical standard dry heat cycle?

1. 90 minutes at 320 - 345°F
2. 90 minutes at 345°C
3. 90 minutes at 300°F
4. 90 minutes at 375°F

10-40. What percent of water content, if any, occurs with chemical vapor sterilization?

1. 10
2. 15
3. 30
4. None of the above
10-41. Instruments being sterilized in the STERRAD do not need to be completely dry.

1. True
2. False

10-42. What type of sterilization is STERRAD?

1. Prevacuum
2. Gravity
3. Sterris
4. Plasma

10-43. What type of sterilization indicator will change color upon short exposure to sterilizing conditions such as steam, dry heat, or chemical vapor?

1. Internal
2. Incubator type
3. Biological
4. Both 1 and 2

10-44. What type of sterilization monitor will assess whether sterilization actually occurred?

1. Internal
2. External
3. Universal
4. Biological

10-45. What is the first step to be performed when positive biological monitoring occurs?

1. Notify biomedical repair personnel
2. Notify commanding officer
3. Notify ICO
4. Notify CO
ASSIGNMENT 11

Book Assignment: “Fundamentals of Patient Care,” pages 11-1 to 11-14

11-1. The concepts of health include?
   1. The absence of disease or disability
   2. Soundness of mind, body, and spirit
   3. Both 1 and 2 above
   4. A feeling of euphoria

11-2. Patient rights and responsibilities are standards addressed by what organization?
   1. Commander, Navy Medical Command (formerly Bureau of Medicine and Surgery)
   2. American Medical Association (AMA)
   3. The Joint Commission (TJC)
   4. National League of Nursing (NLN)

11-3. The standard of practice limitations imposed upon a healthcare provider are based on local regulations and which of the following elements?
   1. The rating’s occupational standards
   2. The rate training manual
   3. The provider’s training and experience
   4. All of the above

11-4. In the healthcare field, accountability means that providers ______.
   1. Are held responsible for their actions
   2. Must continue their education in the healthcare field
   3. Provide the best healthcare possible
   4. All the above

11-5. A patient requests the HM’s advice concerning the care they are undergoing. Which, if any, of the following is the appropriate response?
   1. Answer honestly, to the best ability possible
   2. Refer the patient to the nurse or physician responsible for the care
   3. Say, “I will ask the supervisor”
   4. None of the above

11-6. Personal and medical information learned about a patient as the result of the HM position is privileged and must not be shared with unauthorized individuals.
   1. True
   2. False

For questions 11-7 through 11-9, use the following diagram:

| A. Learned and shared behavior patterns and standards
| B. How one responds and regards others
| C. Inherited characteristics
| D. Belief system

Select the Statement that most accurately describes the terms given in the question. Not all statements will be used.

11-7. Interpersonal relations
   1. A
   2. B
   3. C
   4. D
11-8. Culture

1. A
2. B
3. C
4. D

11-9. Race

1. A
2. B
3. C
4. D

11-10. A patient who is a professed atheist is placed on the Very Serious List (VSL) with a poor prognosis for recovery. All of the following actions by the staff are considered appropriate and ethical EXCEPT?

1. Informing the rest of the staff of the patient’s nonreligious beliefs
2. Informing the rest of the staff of the patient’s condition
3. Informing pastoral services (chaplain) of the patient’s condition and nonreligious beliefs
4. Attempting to convince the patient to accept a religious belief

11-11. The communication process takes place only through the written or spoken word.

1. True
2. False

11-12. Communication barriers inhibit the flow of information and may consist of which of the following factors?

1. Hearing impairment
2. Age
3. Education
4. All the above

11-13. The most common cause of ineffective communication and the most difficult obstacle to identify is which of the following barriers?

1. Psychological
2. Physical
3. Psychosocial
4. Spiritual or religious

11-14. In the communication process, listening is a critical skill and can be improved by developing which, if any, of the following attitudes and behaviors?

1. Anticipating what the patient will say
2. Managing distractions
3. Taking notes
4. None of the above

11-15. The purpose of therapeutic communication includes all of the following EXCEPT?

1. Assessing behavior and modifying if appropriate
2. Educating a patient regarding health and health care
3. Providing information on the appropriate clinic for treatment
4. Obtaining information to determine a patient’s illness
For questions 11-16 through 11-19, use the following diagram:

| A. Contact point communication |
| B. Therapeutic communication |

Select the term that most aptly applies to the requirement presented.


1. A
2. B

11-17. Explaining the necessities and methods of personal hygiene to the parent of a young patient

1. A
2. B


1. A
2. B

11-19. Directing the patient to the pharmacy to fill a prescription.

1. A
2. B

11-20. Which of the following are goals of patient health education?

1. Promoting patient self-care
2. Promoting behavior modification
3. Influencing a patient's attitude toward health and disease
4. All the above

11-21. Patient education is the responsibility of

1. The members of the command education and training department
2. Only the physician and nurses for the patient
3. All members of the healthcare team
4. The outpatient staff and clinic supervisor only

For questions 11-22 through 11-26, use the following diagram:

| A. Subjective observations only |
| B. Objective observations only |
| C. Both subjective and objective observations |

Select the type(s) of observation(s) that most accurately apply(s) to the scenario described in the question.

11-22. In the emergency room, the HM is examining a patient who suddenly vomits and states that he has been feeling nauseous for the past several hours.

1. A
2. B
3. C

11-23. A patient claims to have swallowed many respiratory problems pills and complains of sleepiness and nausea.

1. A
2. B
3. C

11-24. A patient complains of chest pain and has difficulty breathing.

1. A
2. B
3. C
11-25. When picking up a patient’s dinner tray, the HM notices that only the liquids have been consumed at this meal, although the patient has normally eaten full meals before this.

1. A  
2. B  
3. C

11-26. An EKG performed on a patient is interpreted as normal and the patient’s breathing improves with oxygen therapy

1. A  
2. B  
3. C
ASSIGNMENT 12

12-1. A medical patient is prescribed therapeutic bed rest primarily for what reason?

1. To inhibit the development of circulatory problems
2. To prevent depression and apathy
3. To prevent further damage to body systems
4. To inhibit the development of respiratory problems

12-2. A health care provider can reasonably expect that all patients admitted for surgical procedures will exhibit which of the following characteristics?

1. Be very demanding
2. Be apathetic and passive
3. Exhibit violent behavior
4. Be fearful and anxious

12-3. SF 522, Request for Administration of Anesthesia and for Performance of Operations and other Procedures, is normally signed by a parent, legal guardian, or spouse except when?

1. The patient is able to do so
2. Over 16 years of age but under 18
3. Over 18 years of age but under 21
4. A member of the Armed Forces

12-4. When a regional anesthetic is administered, the patient can expect what effect?

1. Motor, but not sensory perception will diminish
2. Pain will be reduced or eliminated in the body part injected or swabbed
3. Level of consciousness will decline
4. The entire body will become numb

12-5. In general anesthesia, a stimulation of vital signs is evidence of what level of anesthesia induction?

1. Stage 1
2. Stage 2
3. Stage 3
4. Stage 4

12-6. Dropping a metal basin on the operating room floor may cause a violent response from a general anesthesia patient in what stage of anesthesia?

1. Stage 1
2. Stage 2
3. Stage 3
4. Stage 4

12-7. In the immediate postoperative recovery phase, a patient’s skin color may be indicative of all of the following except what?

1. The patient’s ability to recover from the anesthetic agent
2. Postoperative hemorrhage
3. Degradation of respiratory function
4. The development of shock

12-8. When permitted, postoperative patients should be encouraged to ambulate to improve the functions of which of the following physiologic systems?

1. Renal system
2. Digestive system
3. Lymphatic system
4. All of the above
12-9. When caring for a young, otherwise healthy orthopedic patient requiring immobilization, the HM can anticipate all of the following EXCEPT what?

1. Symptoms of emotional stress
2. Frequent complaints of sore or aching pain
3. Periods of dizziness associated with disorientation
4. Elevated levels of pain

12-10. Unless otherwise directed by the physician, when one is applying a cast to an arm, the patient’s wrists is generally in which of the following positions?

1. Extended about 10 degrees
2. In the neutral position
3. Flexed about 30 degrees
4. In any of the above; specific position is immaterial

12-11. Cane height is measured from the floor to the ________.

1. Hand
2. Hip
3. Top of the femur
4. Wrist

12-12. The cane is used on the unaffected side of the body.

1. True
2. False

12-13. Auxiliary crutches should be fitted so that the patient’s elbows are maintained with a _______ to _______ degree bend.

1. 15 to 30
2. 20 to 30
3. 15 to 25
4. 30 to 45

12-14. When climbing stairs the patient should be taught to go “up with the bad and down with the good.”

1. True
2. False

12-15. Which of the following are safe to walk on with crutches without much thought to safety?

1. Uneven sidewalk
2. Thick carpet
3. Hardwood floor with throw rugs
4. None of the above

12-16. Which ambulatory device provides the most stability?

1. Walkers
2. Canes
3. Quad Cane
4. Crutches

12-17. A patient who has been fitted with a cast should be instructed to return to the medical treatment facility as soon as possible under which of the following circumstances?

1. The cast becomes soiled
2. The extremity affected by the cast is numb
3. The itching becomes unbearable
4. The cast gets wet

12-18. In the theory of death and dying, it is suggested that most people exhibit five stages. The stage where the terminal patient becomes concerned about the state of his or her affairs and family members is known as the stage of ________.

1. Denial
2. Acceptance
3. Bargaining
4. Depression
12-19. Patient falls may be avoided by taking which of the following preventive measures?

1. Proper use of bed/gurney side rails
2. Keeping floors dry and uncluttered
3. Instructing patients on the proper use of walking aids (crutches, canes, etc.)
4. All of the above

12-20. Electrical and electronic equipment poses significant injury hazards. Of the following, which is the authorized means of reducing this hazard?

1. Repairing frayed cords with electrical tape to prevent shock
2. Using personal electronics if the look in good repair
3. Having medical repair perform electrical safety checks on all new equipment
4. Using only two-prong, non-grounded electrical plugs

12-21. Skin contact burns can be caused by ice bags or hypothermia blankets.

1. True
2. False

12-22. During a fire evacuation, which of the following procedures is **NOT** considered appropriate?

1. Immediately remove patients to safety without obtaining proper authority
2. Close all windows and doors
3. Turn off all oxygen equipment not necessary to sustain life
4. Clear all possible exits

12-23. Environmental hygiene is directed toward producing a healthy environment and includes such practices as maintaining unit cleanliness and ________.

1. Providing for adequate ventilation
2. Limiting noise levels
3. Proper disposal of soiled articles
4. All of the above
ASSIGNMENT 13

Book Assignment: “Nutrition and Diet Therapy,” pages 13-1 to 13-15

13-1. What is the leading cause of nutrition related diseases in the environment in which humans live?

1. Energy balance
2. Weight gain
3. Excess calories
4. Weight loss

13-2. Which of the following is NOT one of the six essential nutrients needed for the growth and maintenance of the body?

1. Water
2. Protein
3. Niacin
4. Fat

13-3. What are the three nutrients used by the body that contain calories?

1. Carbohydrates, proteins, and fats
2. Vitamins, fats, and vitamins
3. Water, vitamins, and protein
4. Protein, minerals, and fats

13-4. Water is the medium in which all chemical reactions in the body take place.

1. True
2. False

13-5. What is total amount of water that a male needs to consume on a daily basis?

1. 3 liters
2. 3.7 liters
3. 2 liters
4. 2.7 liters

13-6. What is total amount of water that a female needs to consume on a daily basis?

1. 3 liters
2. 3.7 liters
3. 2 liters
4. 2.7 liters

13-7. After consuming food a male needs to consume an average of how much free water?

1. 3 liters
2. 3.7 liters
3. 2 liters
4. 2.7 liters

13-8. What percentage loss of body water will cause heat injury or death?

1. 60%
2. 1 to 2%
3. 3 to 5%
4. 5 to 7%

13-9. Mono saccharides contain how many carbon molecules?

1. 1
2. 2
3. 3
4. 4

13-10. Disaccharides contain how many carbon molecules?

1. 1
2. 2
3. 3
4. 4
13-11. Some polysaccharides are known to contain up to how many carbon molecules?

1. 10
2. Hundreds
3. Thousands
4. Trillions

13-12. What is the simplest type of sugar?

1. Sucrose
2. Glucose
3. Powdered
4. Starch

For questions 13-13 through 13-18, use the following diagram:

A. Monosaccharide
B. Disaccharide
C. Polysaccharide

Match the following Simple sugars to their Carbohydrate class.

13-13. Sucrose

1. A
2. B
3. C

13-14. Fructose

1. A
2. B
3. C

13-15. Galactose

1. A
2. B
3. C

13-16. Glucose

1. A
2. B
3. C

13-17. Lactose

1. A
2. B
3. C

13-18. Glycogen is the storage form of glucose for humans.

1. True
2. False

13-19. The recommended fiber intake for women is?

1. 17 grams
2. 25 grams
3. 27 grams
4. 35 grams

13-20. The recommended fiber intake for males is?

1. 17 grams
2. 25 grams
3. 27 grams
4. 37 grams

13-21. Dextrose, which is a commonly used carbohydrate, is normally used in what form?

1. Intravenous
2. Oral
3. Subcutaneous
4. Intramuscular
13-22. Proteins contain what amount of calories per gram?
   1. 2
   2. 3
   3. 4
   4. 5

13-23. There are 20 amino acids that make up all the proteins the body needs, how many of those are considered essential amino acids not made by the body?
   1. 8
   2. 9
   3. 10
   4. 11

13-24. For a person who weighs 185 lbs, what is the recommended amount of protein that should be consumed daily?
   1. 67 grams
   2. 68 grams
   3. 69 grams
   4. 70 grams

13-25. Infants and children require a greater daily protein intake than adults.
   1. True
   2. False

13-26. The main role of fats is to?
   1. Aid in the absorption of carbohydrates
   2. Collect unused salts
   3. Supply energy to the body
   4. Fats have no role

13-27. What vitamins are fat soluble?
   1. A, B, C, and E
   2. A, D, E, and K
   3. B6, B12, A, and D
   4. D, E, K, and B6

13-28. Trans fats are naturally occurring fats and are generally not considered a healthy fat.
   1. True
   2. False

13-29. Omega-3 fatty acids have been linked to lessening the risk of heart disease.
   1. True
   2. False

13-30. The most common phospholipids is bile; where is it produced?
   1. Liver
   2. Stomach
   3. Spleen
   4. Pancreas

13-31. Which of the following is not a water soluble vitamin?
   1. C
   2. B6
   3. A
   4. B12

13-32. Which vitamin interferes with anticoagulation medications such as warfarin?
   1. K
   2. A
   3. B6
   4. Niacin
13-33. Surgical patients should eat cantaloupe and strawberries containing Vitamin ___ in order to support wound healing.

1. Folic Acid  
2. B12  
3. Riboflavin  
4. C

13-38. What type of diet is normally ordered for an individual who has not eaten for a few days or recovering from surgery?

1. Cardiac diet  
2. Dental liquid diet  
3. Clear liquid diet  
4. Regular diet

13-34. Which of the following is not considered a major mineral?

1. Fluoride  
2. Sodium  
3. Chloride  
4. Potassium

13-39. Which of the following diets is NOT nutritionally complete?

1. Cardiac diet  
2. Soft diet  
3. Regular diet  
4. Clear liquid diet

13-35. Which of the following is not considered a trace mineral?

1. Manganese  
2. Fluoride  
3. Iron  
4. Calcium

13-40. A dental liquid diet is usually indicated for a patient who?

1. Had oral surgery  
2. Recently had a filling placed  
3. Has mouth wired shut  
4. Has oral cancer

13-36. Infusing too much ___ in an intravenous line can cause death.

1. Potassium  
2. Magnesium  
3. Selenium  
4. Sodium

13-41. Which of the following diets is usually lower in fiber?

1. Pureed diet  
2. Calorie restricted diet  
3. Cardiac diet  
4. Protein restricted diet

13-37. Surgical patients who do not consume enough of ___ mineral found in shellfish could have poor wound healing.

1. Iodine  
2. Zinc  
3. Copper  
4. Iron

13-42. Calorie restricted diets should be at least how many calories per day?

1. 1000  
2. 1100  
3. 1200  
4. 1300
13-43. What type of diet is in indicative of renal or hepatic disease?

1. Calorie restricted diet
2. Cardiac diet
3. Protein restricted diet
4. Fiber restricted diet

13-44. A person on a cholesterol restriction of 300 mg per day should have no more than how many whole eggs per day?

1. None
2. Half
3. 1
4. 2

13-45. What is the most aggressive type of nutritional therapy?

1. Enteral
2. Parenteral
3. Oral
4. All of the above

13-46. Which of the following provides an way for enteral nutritional therapy?

1. NG Tube
2. J Tube
3. Both 1 and 2
4. ET Tube

13-47. The base of a good healthy diet always begins with?

1. Breakfast
2. Lunch
3. Dinner
4. Food Pyramid