

Name: \_\_\_\_\_

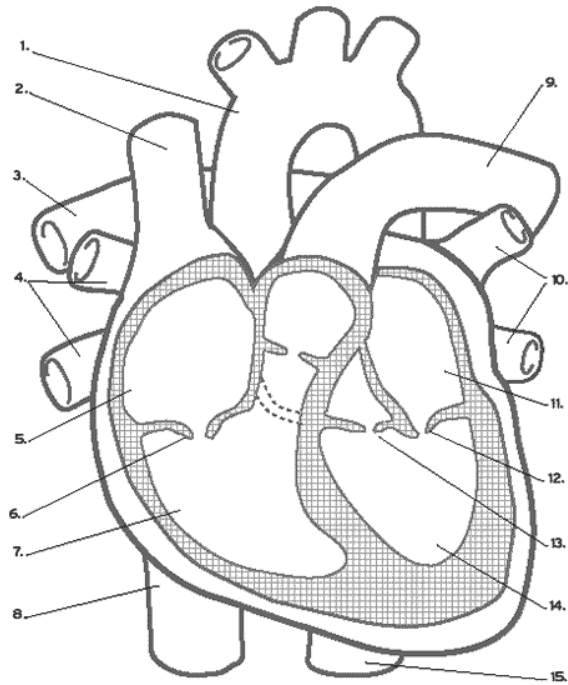
## Unit 2 – Circulatory System

### Lesson 2.1 – Anatomy of the Circulatory System

Deoxygenated blood enters the right side of the \_\_\_\_\_ through the vena cava and is then pumped by the right ventricle into the \_\_\_\_\_. The oxygenated blood returns to the heart and is pumped by the left ventricle out to the \_\_\_\_\_. The arteries deliver oxygenated blood to the capillaries and then the deoxygenated blood returns to the heart through \_\_\_\_\_.

Label the following parts of the heart

- Vena Cava
- Right Atrium
- Right Ventricle
- Pulmonary Artery
- Pulmonary Vein
- Left Atrium
- Left Ventricle
- Aorta



The artery that feeds the heart muscle itself is called the \_\_\_\_\_

Name two differences between *arteries* and *veins*.

**Lesson 2.2 – Heart Fitness**

Why is it common for fit people to have a lower resting heart rate than unfit people?

\_\_\_\_\_

If a fitness participant's heart rate at rest is 85 BPM and stroke volume is 70 ml of blood/beat, what is the cardiac output (Q)? \_\_\_\_\_

What is the difference between the top and bottom number in a blood pressure measurement? \_\_\_\_\_

What are three ways to increase your blood pressure?

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

Why is hypertension a health risk?

\_\_\_\_\_

**Lesson 2.3 AED Intro**

Each minute that CPR and AED is delayed, the chance of survival decreases by:

\_\_\_\_\_

This bundle of nerves is the 'pacemaker' of the heart: \_\_\_\_\_

A normal sinus rhythm makes a \_\_\_\_\_ wave on the ECG

Why can you not shock a patient that has 'flatlined'?

\_\_\_\_\_

\_\_\_\_\_

What do you have to do differently when connecting AED electrodes to a small child? \_\_\_\_\_

What might you have to remove from the patient's chest before placing the electrodes?

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

**Lesson 2.4 Skill Assessment**

What are the first three steps of the Priority Action Approach?

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

What does SAFE stand for?

- S = \_\_\_\_\_
- A = \_\_\_\_\_
- F = \_\_\_\_\_
- E = \_\_\_\_\_

What are the four steps of the primary survey?

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_

What are the five primary survey questions that you should ask every First Aid patient?

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

**Lesson 2.5 – Circulatory Emergencies**

If you could see inside a person’s coronary artery, what difference would you notice between an Angina attack and a Heart attack?

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Without being able to climb inside the coronary arteries, what are two key differences that you can observe between an angina attack and a heart attack?

1) \_\_\_\_\_

2) \_\_\_\_\_

Why does Nitroglycerin help an angina attack?

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What other medications do not mix with nitroglycerin?

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What are the four contra-indications to the use of Acetylsalicylic Acid for chest pain?

A = \_\_\_\_\_

A = \_\_\_\_\_

A = \_\_\_\_\_

A = \_\_\_\_\_

How much aspirin should someone chew if they are having chest pain?

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What is a "Transient Ischemic Attack" and why is it important to recognize?

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What does FAST stand for?

F = \_\_\_\_\_

A = \_\_\_\_\_

S = \_\_\_\_\_

T = \_\_\_\_\_

What causes a stroke?

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**Lesson 2.6 – Major Bleeding**

What is the most important treatment for major bleeding?

\_\_\_\_\_

What does GST stand for?

G = \_\_\_\_\_

S = \_\_\_\_\_

T = \_\_\_\_\_

Before applying ice to an injury, you need to check \_\_\_\_\_

**Lesson 2.7 – Stimulants**

What effect does a stimulant have on the circulatory system? Give a few examples of why someone might want to take one.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Give three examples of common stimulants.

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

What are the dangers of a drug like **ephedrine**? (ie. Why is it banned from sports by WADA)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_