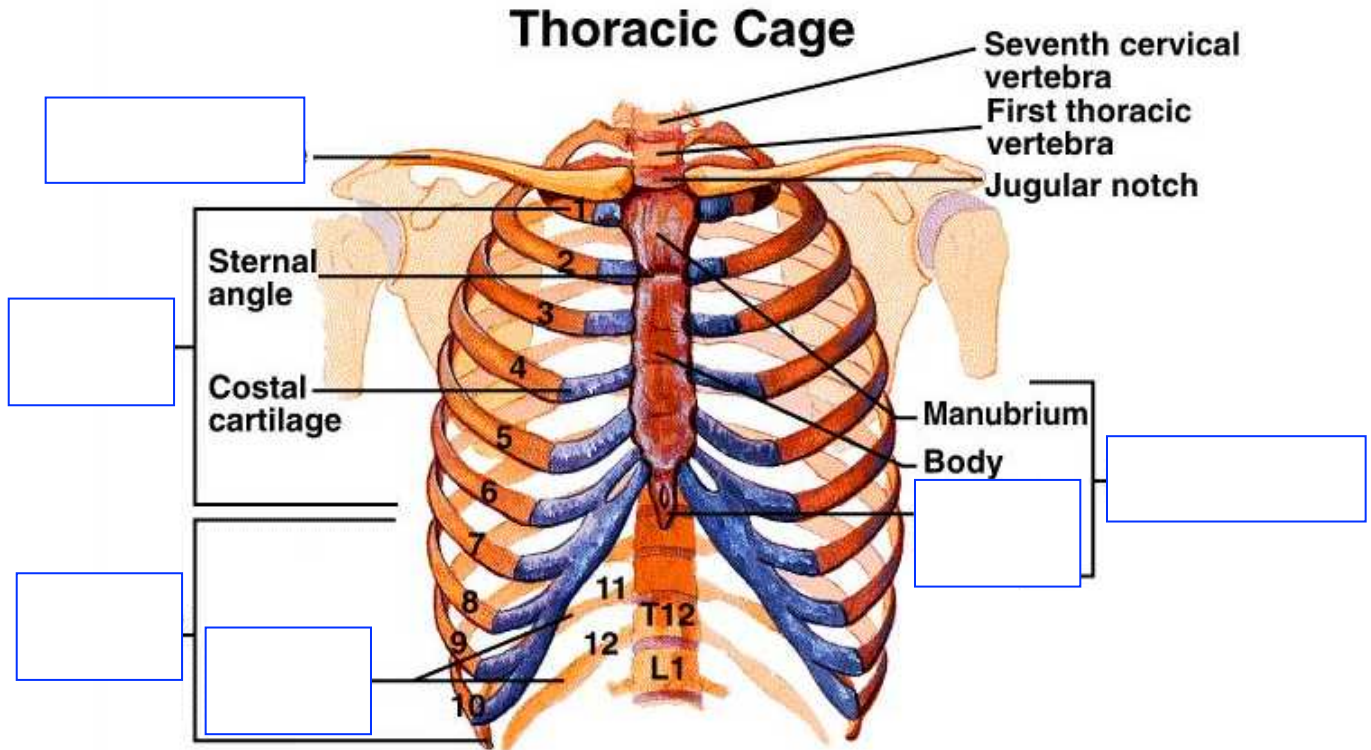


Name: _____

Unit 5 Worksheet – Chest and Abs

reviewing the key points

5.2 Chest Injuries



1) What is the key symptom of a flail chest injury that you would notice when the patient breathes in and out? _____

2) What is the main treatment for a flail chest injury? _____

3) In your primary survey, you see what looks like a gunshot wound in the chest (GSW) You expose the wound and notice blood bubbles as the person tries to breathe. Your initial reaction should be to _____

4) Then once you have fully assessed the patient, and have access to a first aid kit, you would bandage the wound with _____

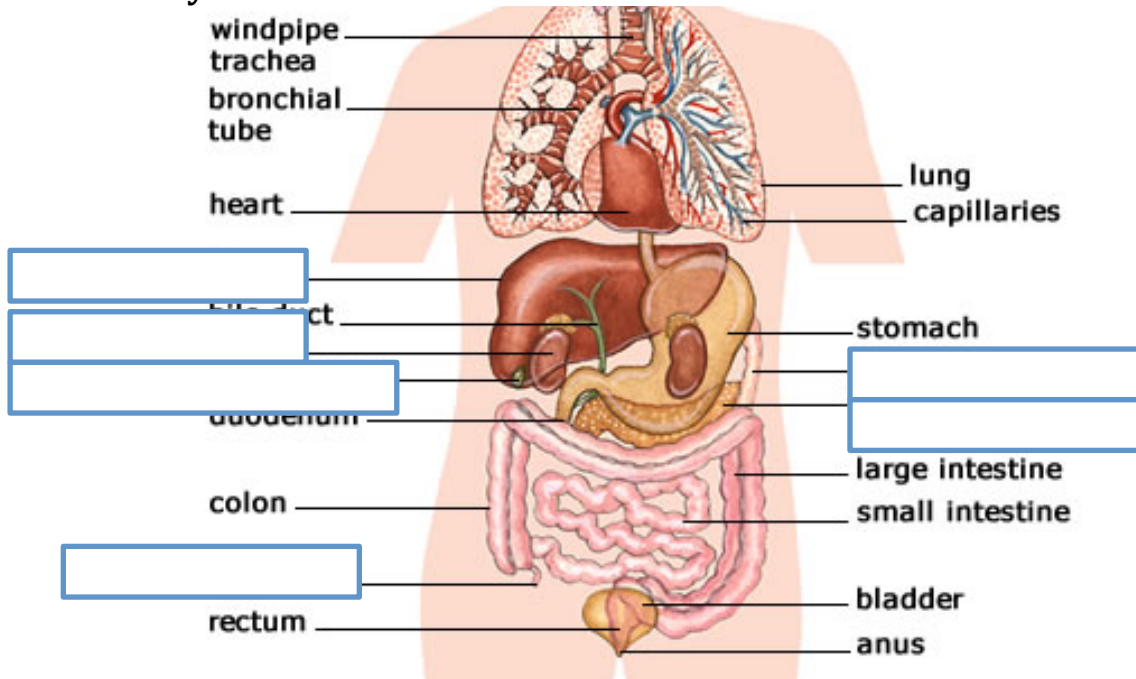
5) Why tape the bandage on three sides? _____

6) What are the key symptoms of a Closed/Tension Pneumothorax

- 1) _____
- 2) _____
- 3) _____
- 4) _____

5.2 Abdomen Injuries

Anatomy



1) When assessing abdominal pain, we divide the abdomen into four quadrants, centered at the _____

2) The appendix is located in which quadrant? _____

3) If someone has an open abdominal wound with exposed organs, you would _____

5.3 Nutrition

1) Six different nutrients

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____

2) How many kilocalories are in one gram of?

- Protein: _____
- Carbs: _____
- Fat: _____

3) What is your "Metabolic Rate"?

4) What is the difference between simple and complex carbohydrates?

5) What is the reason for "carbohydrate loading"?

6) What is the difference between these types of fat?

- 1) saturated: _____
- 2) unsaturated: _____
- 3) trans-fat: _____

7) Give three reasons for drinking enough water:

8) When your workout is longer than 1-2 hours, you should probably drink _____ as well as water.

5.4 Body Composition and Diabetes

1) Why is some fat (10% female/5% male) called "essential"?

2) Why is some fat (over 24% female/18% male) called "non-essential"?

3) What are some causes of obesity other than over-eating?

4) Ways to measure body fat

a) Using calipers to measure rolls of fat is called: _____

b) Typing your height and weight into a calculator is called: _____

c) Dunking your body into a tank of water is called: _____

5) BMI = weight (kg) / height² (m)

If Tony weighs 92 kg and is 1.8m tall, what is his

BMI? _____

Why might this be unreliable? _____

BMI Classification	
	BMI
OBESE (HIGH RISK)	>30
MARGINAL	25-30
GOOD	17-24.9
LOW	<17

6) Explain why "quick dieting" is not recommended.

7) If you are planning healthy weight loss, how many pounds should you aim to lose per week? _____

8) Insulin is a _____ produced by the _____

In "Diabetic Coma", the patient has too much _____. Over time, it can cause _____ behaviour and _____ breath

In "Insulin Shock", the patient has not enough _____. Very quickly, it can cause _____ symptoms

For any diabetic emergency, you can help the patient take some _____ because _____ progresses quicker.

5.5 Fitness Basics: Chest and Abs

1) What are the Five Components of Health-Related Fitness?

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

2) Health Canada gives four specific recommendations for your age category:

- 1) _____ minutes moderate to vigorous activity daily
- 2) Vigorous-intensity activities _____ days a week
- 3) Strengthening activities _____ days a week
- 4) Less than _____ hours of screen time per day

3) Why is it important to have SMART goals

4) What is the FITT principle?

- F _____
- I _____
- T _____
- T _____

5) Match each program principle with the correct definition

- | | |
|-----------------------|---|
| Progressive Overload | Everyone's body reacts differently to training |
| Specificity | You should increase the difficulty over time |
| Individual Difference | If you stop training, you will lose the benefits |
| Reversibility | As you train, the increases will not be as large |
| Diminishing Returns | Your muscles will learn actions exactly the way you train |

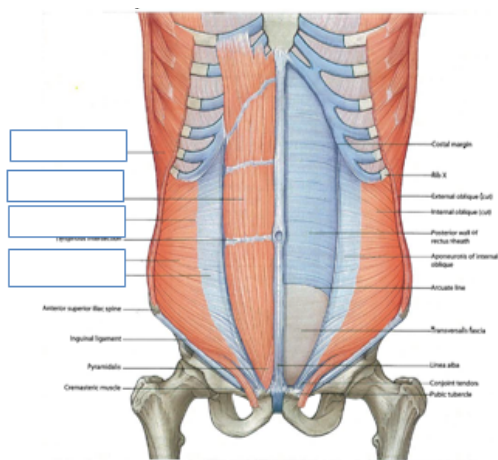
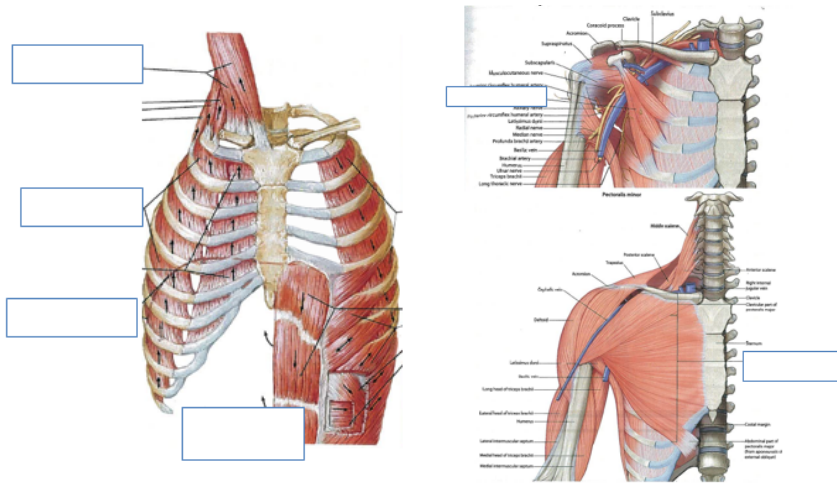
6) When deciding how much weight you should lift for an exercise, how is resistance normally measured? _____

7) What is the difference between a "set" and a "rep"

8) If you are doing more reps and a lower resistance, what are probably training for? _____

Muscles

- 1) Intercostals
- 2) Diaphragm
- 3) Pectoralis Major
- 4) Pectoralis Minor
- 5) Rectus Abdominis
- 6) Tranverse Abdominis
- 7) Obliques



5.6 Patient Assessment

1) When doing first aid for any conscious patient, you must still consider the priority action approach. What five questions should you ask every patient?

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

2) When doing first aid for any patient, you must check for signs and symptoms of _____, which include pale/cool/sweaty skin, cyanosis, etc.

3) When doing first aid for any patient, it is important to assess the patient thoroughly before treatment. What are the three parts of the secondary survey?

- 1) _____
- 2) _____
- 3) _____

4) When doing a set of vitals, you check the following:

- T** = _____
- LOC** = _____
- P** = _____
- R** = _____
- E** = _____
- S** = _____

5) For a conscious patient, where would you normally check the pulse rate?

6) What does P.E.A.R.L. stand for?

7) When doing a complete History for a patient, it includes:

- C** = _____
- H** = _____
- A** = _____
- M** = _____
- M** = _____
- P** = _____
- P** = _____
- L** = _____