

TCCC QUIZ HYPOTHERMIA AND HEAD INJURIES

1. What does H mean in MARCH?
2. Why is it important to evaluate a casualty for shock?
3. Why is hypovolemic shock a concern with casualties?
4. Once a casualty is in shock, he is susceptible to the lethal triad. What is the lethal triad?
5. What are the 9 most common symptoms of shock?
6. What are considerations for hypothermia management?
7. What steps can be taken to reduce the risk of hypothermia?
8. What actions are taken if an eye injury is noted or suspected?
9. What are considerations for dealing with head injuries?
10. What are signs of a traumatic brain injury?
11. What is a concussion?
12. What are some symptoms of a concussion?

TCCC QUIZ HYPOTHERMIA AND HEAD INJURIES

1. What does H mean in MARCH?
 - a. Hypovolemic Shock / Hypothermia
 - b. Clothing and protective equipment such as helmets and body armor should only be removed as required to evaluate and treat specific injuries.
 - c. If the patient is conscious with a single extremity wound, only the area surrounding the injury should be exposed. Unconscious patients may require more extensive exposure in order to discover potentially serious injuries but must subsequently be protected from the elements and the environment.
 - d. Hypothermia is to be avoided in trauma patients.
 - e. Place the casualty under a blanket and dry clothes.
 - f. Minimize casualty environmental exposure and promote heat retention. Keep personal protective gear on if feasible.
 - g. Replace wet clothing if possible. Get casualty onto insulated surface ASAP. Use a hypothermia prevention kit with active rewarming. If none above is available, then use dry blankets, poncho liners, or sleeping bags and keep the casualty warm and dry. Warm IV fluids are preferred.
2. Why is it important to evaluate a casualty for shock?
 - a. Unless shock is prevented by medical treatment, shock can result in death even from nonfatal injuries
3. Why is hypovolemic shock a concern with casualties?
 - a. Shock can be considered a pause in the act of dying and requires aggressive intervention.
4. Once a casualty is in shock, he is susceptible to the lethal triad. What is the lethal triad?
 - a. Coagulopathy
 - b. Hypothermia
 - c. Acidosis
5. What are the 9 most common symptoms of shock?
 - a. Sweaty or cool skin
 - b. Paleness of skin
 - c. Restlessness or nervousness
 - d. Thirst
 - e. Loss of blood
 - f. Confusion
 - g. Heightened breathing rate
 - h. Blotchy or bluish skin
 - i. Nausea or vomiting
6. What are considerations for hypothermia management?
 - a. Hypothermia is a significant concern in any trauma victim because it leads to hypothermia-induced coagulopathy by both decreasing platelet function and slowing enzyme activity in the coagulation cascade. Prevention of hypothermia,

TCCC QUIZ HYPOTHERMIA AND HEAD INJURIES

along with hemorrhage control and fluid resuscitation, will help maintain the casualty's ability to generate heat.

7. What steps can be taken to reduce the risk of hypothermia?
 - a. Stop hemorrhage.
 - b. Assess for hemorrhagic shock - Decreased mental status and weak or absent pulses are good signs of hemorrhagic shock.
 - c. Minimize patient exposure to the elements.
 - d. Keep protective gear on if possible.
 - e. Replace wet clothing with dry clothing.
 - f. Move the casualty to an insulated surface as soon as possible.
 - g. Blankets, poncho liners, sleeping bags work well to retain casual body heat.
8. What actions are taken of an eye injury is noted or suspected?
 - a. Perform a rapid field test of visual acuity and document findings.
 - b. Cover eye with a rigid eye shield (not a pressure patch).
 - c. Administer Combat Wound Medication Pack if possible and/or administer IV/IM antibiotics.
9. What are considerations for dealing with head injuries?
 - a. With head injuries the primary damage is done and there is little that can be done to fix it.
 - b. The primary goal of dealing with head injuries is to prevent injuries from hypoxia, hypotension, anemia, hyperthermia, and hypothermia.
 - c. One of the hallmark signs of an injury is an alteration of consciousness.
 - d. Vital signs should be assessed in patients with head injuries
 - e. Inspect for signs of open injury of skull fracture
 - f. Cerebrospinal fluid may leak from the ears or nose
 - g. Pupils should be inspected for equality and reactivity
10. What are signs of a traumatic brain injury?
 - a. Blown Pupils
 - b. Eye discoloration
 - c. Leaking from the ears or nose
11. What is a concussion?
 - a. Blow to the head that disrupts the function of the brain
12. What are some symptoms of a concussion?
 - a. Symptoms include Headache, fatigue, sensitivity to light and noise, difficulty concentrating, loss of balance, nausea/ vomiting, insomnia, vision changes, ringing ears, excessive tiredness, dizziness.