1. Approximately what percentage of patients return to home or an extended care facility after successful resuscitation?
   a. 3 percent
   b. 5 percent
   c. 10 percent
   d. 25 percent

2. Survival rates following cardiac arrest outside of the hospital have improved since the mid-1960s because of the introduction of all of the following EXCEPT:
   a. basic life support training
   b. cardiopulmonary resuscitation
   c. advanced cardiac life support training
   d. use of automated external defibrillators on people in normal sinus rhythm

3. The goals of managing patients against reperfusion injury are all of the following EXCEPT:
   a. improving oxygen delivery
   b. preventing cerebral edema
   c. decreasing intracranial pressure
   d. inadequately meeting metabolic demands

4. The abbreviation ROSC stands for:
   a. return of standard cadence
   b. return of spontaneous circulation
   c. revolution of oxygen system circulation
   d. retroactive oxygenation of septal cardium

5. Cerebral anoxia, cardiac dysfunction, systemic hyperperfusion and persistent pathology are factors that comprise the condition termed:
   a. stroke
   b. aortic aneurysm
   c. post-cardiac arrest syndrome
   d. ST elevation myocardial infarction

6. Early goal-directed care of the sudden cardiac arrest patient includes all of the following EXCEPT:
   a. administering prophylactic antibiotics
   b. continuous ECG and advanced critical care monitoring
   c. maintaining an optimal mean arterial blood pressure of between 65-100 mm Hg
   d. intubation and mechanical ventilation to optimize the oxygen saturation at or greater than 94 percent and to maintain some hyperventilation to decrease cardiac output and cerebral edema

7. Therapeutic hypothermia (TH) is maintaining the core body temperature at what range for 12-24 hours after ventricular fibrillation cardiac arrest:
   a. 0-10 degrees C
   b. 5-20 degrees C
   c. 25-30 degrees C
   d. 32-34 degrees C

8. Rapid cooling is desired to minimize the effects of all of the following EXCEPT:
   a. fever
   b. shivering
   c. hypovolemia
   d. electrolyte abnormalities

9. Safely rewarming a patient at a rate of 0.25-0.5 degrees C per hour should occur over how many hours?
   a. 1-2
   b. 2-4
   c. 4-12
   d. 12-24

10. Research has demonstrated what percentage of survival with favorable neurological outcomes when utilizing TH:
    a. 20 percent
    b. 30 percent
    c. 40 percent
    d. 50 percent

### Evaluation

1. I can explain the resulting sequela associated with lack of blood flow to brain tissue during cardiac arrest.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

2. I can discuss the basic components of post-cardiac arrest syndrome.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

3. I can describe the current recommendation and treatment process for therapeutic hypothermia post-cardiac arrest.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

4. The objectives relate to the overall goal of the article.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

5. The article is well-written and logically organized, and defines terms adequately.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

### Managing Post-Cardiac Arrest in Acute Care

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10. A B C D

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