

TCCC QUIZ CIRCULATION

1. What does C mean in MARCH?
2. What are the common points for checking pulses?
3. How to check carotid pulse?
4. How to check femoral pulse?
5. How do you check the radial pulse?
6. How do you check the posterior tibial pulse?
7. Why is it a bad idea to check a casualty's pulse using your thumb?
8. What interventions should be applied for suspected pelvic fracture?

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1. What does C mean in MARCH?
 - a. Circulation
 - b. Important information can be rapidly obtained regarding perfusion and oxygenation from the level of consciousness, pulse, skin color, and capillary refill time.
 - c. Decreased cerebral perfusion may result in an altered mental status.
 - d. Skin color and capillary refill will provide a rapid initial assessment of peripheral perfusion.
 - e. Pink skin is a good sign versus the ominous sign of white or ashen, gray skin depicting hypovolemia. Pressure to the thumb nail or hypothenar eminence will cause the underlying tissue to blanch.
 - f. In a normovolemic patient, the color returns to normal within two seconds. In the hypovolemic, poorly oxygenated patient and/or hypothermic patient this time period is extended or absent.
 - g. Recheck prior interventions
 - h. Reassess prior tourniquet application:
 - i. Expose the wound and determine if a tourniquet is needed; if bleeding is not controlled then tighten tourniquet if possible.
 - j. If the first tourniquet does not control bleeding after
 - k. tightening, then add a second tourniquet side-by- side with the first.
 - l. Conduct a blood sweep and feel for a pulse on the carotid or radial arteries. Check for skin temperature and color. Check for neck and spine injuries. Assess responsiveness using AVPU.
2. What are the common points for checking pulses?
 - a. Side of the neck (carotid Artery)
 - b. Groin (Femoral artery)
 - c. Wrist (Radial artery)
 - d. Ankle (Posterior tibial artery)
3. How to check carotid pulse?
 - a. Feel for a pulse of the side of the casualty's neck using your first two fingers next to the casualty's Adam's apple.
4. How to check femoral pulse?
 - a. Press your first two fingers into the middle of the groin.
5. How do you check the radial pulse?
 - a. Place your first two fingers on the thumb side of the casualty's wrist.
6. How do you check the posterior tibial pulse?
 - a. Place 2 fingers on the inside of the ankle.
7. Why is it a bad idea to check a casualty's pulse using your thumb?
 - a. You may confuse your heartbeat with the heartbeat of the casualty.
8. What interventions should be applied for suspected pelvic fracture?

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- a. Apply a pelvic binder for suspected pelvic fracture and/or severe blunt force or blast injury.

Intellectual Infantryman