

Week 3 – Distance Learning Review - Using the online version of the textbook and/or PPT slides answer the following questions about what we have gone over. The material below represents information from the Unit 5 chapters 7 and 8. We were not in class to discuss some of the details below but they are available in the online text/PPTs. Do your best to find each answer. The work is due to me by Friday, April 3, 2020.

Name: _____

Date: _____

- 1 Historically, what percentage of military hospital admissions has been from disease and non-battle injuries rather than combat injuries?
 - A 25%
 - B 50%
 - C more than 75%

- 2 How should food be cooked to eliminate many germs?
 - A low temperatures
 - B high temperatures
 - C slow and low

- 3 Dust, sweat, and other secretions encourage germs to _____.
 - A lessen
 - B dissipate
 - C evaporate
 - D multiply

- 4 When in the field, what is the preferred method of treating unpurified water?
 - A iodine tablets
 - B tincture of iodine
 - C chlorine

- 5 What is the best way to prevent germs on your mess kit?
 - A Rinse with unpurified water.
 - B Leave it in direct sunlight.
 - C Coat utensils with mud.
 - D Use a disinfectant solution.

- 6 Any of several intestinal disorders usually caused by infection and characterized by stomach pain and diarrhea with passage of mucous and blood
 - A Dysentery
 - B Personal Hygiene
 - C Sanitation
 - D Disinfect

- 7 A temporary camp or shelter
- A Ampule
 - B Chlorine
 - C Galvanized
 - D Iodine
 - E Bivouac
- 8 Sanitizing the hands is especially important following which of these actions?
- A Eating
 - B Using the toilet
 - C Preparing food
 - D Handling machinery
- 9 All of the following actions are effective in preventing food poisoning except which one?
- A Using wooden chopping blocks instead of ones made of plastics
 - B Cooking food at adequately high temperatures
 - C Washing cloths, towels, and utensils frequently
 - D Carefully handling high-risk foods such as poultry and eggs
- 10 Which of the following suggestions will help optimize sleep and alertness in the field?
- A Since you may not be able to sleep as well in the field, several days before you go, shorten the amount of sleep you allow yourself.
 - B Avoid taking catnaps since they will make you groggy and impede your performance for a long time after you wake up.
 - C Learn and practice relaxation techniques to help you stay alert during dull stretches of watch.
 - D Share tasks with other cadets so that everyone can receive adequate amounts of sleep.
- 11 Which of the following does NOT promote mental and physical well-being?
- A Before attacking a problem, avoid it and see if it goes away.
 - B Develop a hobby.
 - C Do not use tobacco, alcohol, or other drugs.
- 12 You notice your group is irritable and you sense they are under considerable stress. As their leader, what are some things you can you do to reduce the stress?
- (Input all that apply, then push the ENTER button.)
- A Manage your own personal stress.
 - B Offer constructive criticism.
 - C Allow the group to participate in making decisions.
- 13 A severe, recurring headache, usually affecting only one side of the head, characterized by sharp pain and often accompanied by nausea, vomiting and visual disturbances
- A Dilated
 - B Generalized
 - C Fight-or-flight response
 - D Migraine

- 14 Eager, often agitated desire; one's anxiety to make a good impression, for example
- A Depression
 - B Meditation
 - C Visualization
 - D Manic-depressive illness
 - E Anxiety
- 15 Psychiatric disorder characterized by an inability to concentrate; insomnia; loss of appetite; anhedonia; feelings of extreme sadness, guilt, helplessness, and hopelessness; thoughts of death
- A Depression
 - B Meditation
 - C Visualization
 - D Manic-depressive illness
 - E Anxiety
- 16 Poor personal hygiene can result in an infestation of _____, tiny wingless parasitic insects that live in the hair of warm-blooded animals.
- A lice
 - B ticks
 - C scabies
 - D fleas
- 17 What is the recommended minimum length of time in seconds for adequate hand washing?
- A 20
 - B 30
 - C 45
 - D 60
- 18 Which one of these physical responses is a result of stress?
- A Decreased heart and breathing rates
 - B Increased blood flow to the muscles and brain
 - C Activation of the immune system
 - D Contracted pupils
- 19 Which of these is NOT generally a symptom of depression?
- A Disorganization
 - B Anhedonia
 - C Feelings of hopelessness
 - D Heightened powers of concentration
- 20 Which one of these suggestions about managing stress is least effective?
- A Be very critical of yourself so that you can show your best face to others, thereby preventing their criticism.
 - B Accept the inevitability of stressful situations and resolve to control your reaction to them.
 - C Face problems as they occur instead of putting them off and prolonging your anxiety.
 - D Every day do something that you find relaxing, even if you have a heavy agenda or busy schedule.