

Date : October 11, 2025
Total Marks : 100
Writing Time : 150 minutes (2.5 hours)
Reading Time : 15 Minutes (prior to examination time)

1. Write your Registration Number clearly and correctly on the Answer Booklet.
2. The first 15 minutes is being provided to check the number of pages of the Question Paper, printing errors, clarify doubts and to read the instructions. You are NOT permitted to write during this time.
3. This paper consists of **TWO SECTIONS**, namely SECTION A & SECTION B:
 - **SECTION A** has two parts: Part I - 30 Multiple Choice Questions
 Part II - 4 Short Answer QuestionsAll questions under SECTION A are COMPULSORY.
 - **SECTION B** consists of **THREE** questions. All the questions are **COMPULSORY**.
4. All answers should be written on the Answer Booklet provided to you. Candidates are not allowed to write anything on the question paper. If required, ask for additional Answer Booklet.
5. All answers should be written with correct numbering of Section, Part and Question Number in the Answer Booklet provided to you. Note that any answer written without indicating the correct Section, Part and Question Number will NOT be evaluated and no marks will be awarded.
6. Begin each Section and Part on a fresh page of the Answer Booklet.
7. You are not permitted to tear off any sheet(s) of the Answer Booklet as well as the Question Paper.
8. Use of any other paper including paper for rough work is not permitted.
9. **You must hand over the Answer Booklet to the Invigilator before leaving the examination hall.**
10. This paper has **8 printed pages**, including this instruction page.

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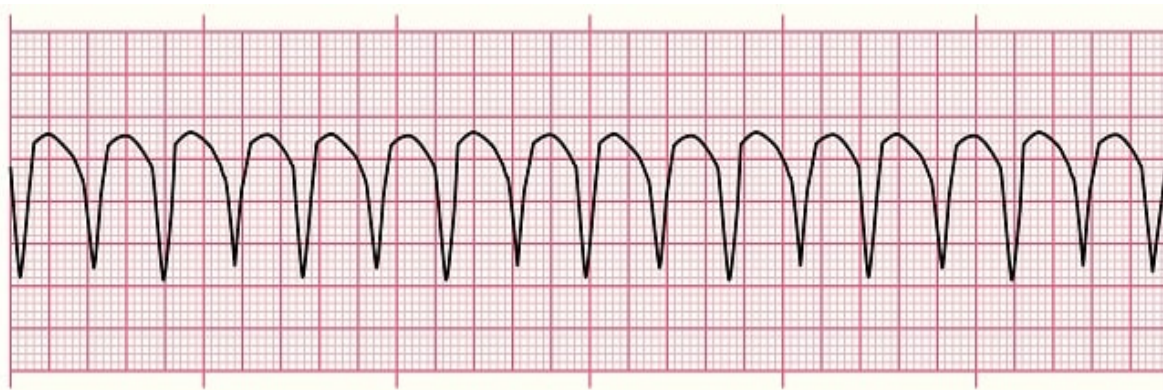
SECTION A

PART I: Multiple Choice Questions [30 marks]

Choose the correct answer and write down the letter of your chosen answer in the Answer Booklet against the question number e.g. 31 (d). Each question carries ONE mark. Any double writing, smudgy answers, or writing more than one choice shall not be evaluated.

1. Which intervention is most appropriate for the treatment of asystole?
 - a) Transcutaneous pacing
 - b) Defibrillation
 - c) Epinephrine
 - d) Atropine

2. You arrive on scene to find CPR in progress. Nursing staff reports the patient was recovering from Pulmonary Embolism and suddenly collapsed. Three shocks have been delivered, and an IV has been initiated. What do you administer now?



- a) Amiodarone 150 mg
 - b) Amiodarone 300 mg
 - c) Epinephrine 1 mg
 - d) Atropine 0.5 mg

3. Which of the following statement regarding Pulseless Electrical Activity (PEA) is TRUE.
 - a) Amiodarone is the drug of choice in PEA.
 - b) Cardiac compression is only applied if the ventricular rate is less than 50 beats per minute.
 - c) Bicarbonate should not be administered in PEA.
 - d) Reversible causes of PEA includes hypovolaemia, hypoxia and acute coronary syndrome.

4. The most serious form of heat-related emergency is:
 - a) heat cramps.
 - b) heat exhaustion.
 - c) heat stroke.
 - d) hyperthermia.
5. What is the first step in using AED on an unresponsive patient?
 - a) Placing the pads on the patient's chest.
 - b) Analyzing the heart rhythm.
 - c) Turning on the AED.
 - d) Delivering shock to the patient.
6. You and your friends are enjoying a nice lunch at the local restaurant when one of your friends begins to cough forcefully. Thinking that he is just playing around, you jokingly ask if he is choking, to which he frantically shakes his head yes and makes the universal choking sign. What type of obstruction does this patient have?
 - a) Mild.
 - b) Moderate.
 - c) Severe
 - d) None of the above.
7. If choking progresses to a complete airway obstruction and your patient becomes unresponsive, you should do all of the following EXCEPT:
 - a) Open the airway.
 - b) Provide artificial ventilations.
 - c) Perform chest compressions.
 - d) Perform back blows.
8. Which of the following components are not included in the primary assessment?
 - a) Form a general impression.
 - b) Assess the level of consciousness.
 - c) Investigate chief complaints.
 - d) Determine the priority of patient care and transport.
9. How does pneumothorax cause shortness of breath?
 - a) By compressing one or both lungs.
 - b) By obstructing the airway.
 - c) By causing damage to the alveoli.
 - d) By causing the lungs to fill with fluid.
10. You are dispatched to a nightclub for a man who cut his arm. On arrival, you find a man with an approximate 2 inches linear laceration to the medial aspect of his right forearm. You note the blood to be dark and flowing steadily. What type of bleeding is occurring?
 - a) Arterial.
 - b) Venous.
 - c) Capillary.
 - d) None of the above.

11. How many inches wide should the width of an improvised tourniquet be?
 - a) 1
 - b) 2
 - c) 3
 - d) 4

12. When to start chest compression in a newborn?
 - a) Heart rate <80 bpm
 - b) Heart rate <70 bpm
 - c) Heart rate <60 bpm
 - d) Heart rate < 50 bpm

13. You are conducting a normal delivery of a neonate inside an ambulance. Following are activities that must be done within one minute EXCEPT.
 - a) Pulsate the umbilical cord, clamp, and cut.
 - b) If the baby is not breathing, start PPV.
 - c) Administer oxytocin injection.
 - d) Dry the baby thoroughly.

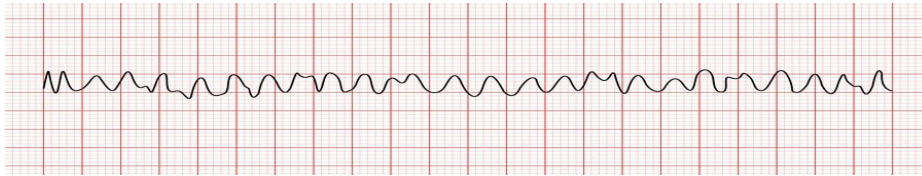
14. You have delivered a pink baby boy, but his hands and legs are blue. His heart rate is approximately 90 beats per minute with slow and irregular respiration. He has a weak cry when stimulated and kicks while trying to hold his legs. His APGAR score is:
 - a) 6
 - b) 7
 - c) 8
 - d) 9

15. All the NINE phases of an ambulance call are equally important. Cleaning, disinfection, high-level disinfection, sterilization, re-fill and re-stock of the ambulance shall be done during:
 - a) The dispatch phase.
 - b) The post-run phase.
 - c) The preparation phase.
 - d) The delivery phase.

16. You are the first medical personnel to arrive at a scene of mass casualty incident. Which of the following best describes your immediate roles and responsibilities?
 - a) Be an on-scene leader and assume the role of triaging casualties.
 - b) Ensure the safety of yourself, your partner, the patient, and bystanders.
 - c) Uphold medical and legal standards.
 - d) All of the above.

17. You respond to a 112 call of a road traffic accident with two casualties, you can visibly see both of them bleeding as you approach. What should be your first concern?
 - a) Mechanism of injury.
 - b) Control the bleeding.
 - c) Scene safety.
 - d) Extrication.

18. Approximately how many ventilations are given to an adult patient with an advanced airway in situ?
- a) 12-20
 - b) 14-20
 - c) 30-60
 - d) 8-10
19. The correct dose of Aspirin to administer to a 65 years old patient with chest pain or suspected MI is?
- a) 75 mg
 - b) 300 mg
 - c) 600 mg
 - d) 150 mg
20. Capillary refill time of a patient with good circulation and perfusion should be?
- a) <5 seconds
 - b) <3 seconds
 - c) <1 second
 - d) <2 seconds
21. Using the 'rule of nine' in calculating the burn surface area, what percentage is an adult patient's back?
- a) 13.5 percent
 - b) 18 percent
 - c) 9 percent
 - d) 5 percent
22. You're dispatched to a 55 years old man complaining of chest pain and shortness of breath. On your arrival, you find an obese man seated in the tripod position at the kitchen table. He states he has these symptoms for a few days and it is getting worse progressively. Your assessment of the patient reveals frothy pulmonary edema as well as rales bilaterally. If available, you should consider the use of:
- a) Oropharyngeal airway
 - b) Nasopharyngeal airway
 - c) eFAST scan
 - d) Continuous positive airway pressure
23. Following statements are about pelvic binder. Which of the following is not a true statement.
- a) Pelvic binders are used to splint bony pelvis to reduce hemorrhage.
 - b) Pelvic binders should be light, made of soft material and easily applied by one person.
 - c) Pelvic binder is the definitive intervention for crushed injury of pelvis.
 - d) Pelvic binder should not occlude access to abdomen, perineum, anus and groin for examination.



24. Identify the above ECG rhythm:
- Ventricular tachycardia (monomorphic).
 - Torsade.
 - Ventricular fibrillation.
 - Pulseless electrical activity.
25. Common causes of shock in pediatric and infant population:
- Hypovolemia and sepsis.
 - Acute coronary syndrome.
 - Cerebrovascular accidents.
 - Anaphylaxis.
26. Single most significant factor that contributes to suicide is depression. Which of the following is not a risk factor for suicide.
- Ideation or defined lethal plan that has been verbalized and/or written.
 - Anxiety, agitation, unable to sleep, or sleeping all the time.
 - Previous suicide attempt.
 - Migraine headache on medications.
27. A young teenager has taken several tablets of morphine which was prescribed for his grandfather for his stomach cancer. On your arrival, he was found unconscious with pin point pupils. Given the history, what drug you would consider to administer as soon as possible?
- 0.4 mg Naloxone.
 - 1 mg adrenaline
 - 0.5 mg atropine
 - 1 mg Naloxone
28. What is the most appropriate first aid for a chemical burn injury?
- Apply an antibiotic ointment.
 - Cover the affected area with ice.
 - Flush with a large amount of water.
 - Apply a tight bandage to the area.
29. Which of the following is not a symptom of pre-eclampsia.
- Seizure.
 - Anxiety.
 - Nausea and Vomiting
 - Headache.
30. Cardiac output is measured by:
- Heart rate X Respiratory rate.
 - Blood pressure X Respiratory rate.
 - Stroke volume X Respiratory rate.
 - Stroke volume X Heart rate.

PART II – Short Answer Questions [20 marks]

This part has 4 Short Answer Questions. Answer ALL the questions. Each question carries 5 marks. Mark for each sub-question is indicated in the brackets.

1. What assessment can be done using OPQRST mnemonic? Elaborate each letter. (1+4 Marks)
2. What is the mnemonic DCAP-BTLS used to assess? Elaborate on what mnemonic DCAP-BTLS stands for. (1+4 marks)
3. You are enroute responding to a snake bite case. Unfortunately, the road is blocked by a fallen rock and it will take at least 15 minutes to clear the debris. What first aid will you advise via phone call? Name at least two venomous snakes found in Bhutan (4+1 marks)
4. What heart rhythm does AED defibrillate? How should you position your hands when performing chest compressions on a 4-year-old child? (2+3 marks)

SECTION B: CASE STUDY [50 marks]

This section consists of THREE questions and all the questions are Compulsory. Mark for each sub-question is indicated in the brackets.

Question 1

Your ambulance is dispatched to the village home for a pregnant woman who is reporting severe abdominal pain. On arrival, you find a 17-year-old (56 kg) woman lying in a fetal position on the floor. She states that she is pregnant and was cutting the grass when she felt a tearing sensation, followed by severe abdominal pain. She presents as cool, pale, and clammy.

- a) What is shock and how does it relate to perfusion? **(7 Marks)**
- b) What factors does perfusion depend on? **(5 Marks)**
- c) How much IV fluid should this patient receive? Does this patient require a second IV line and why? **(2+3 Marks)**
- d) How should the patient be positioned on the stretcher for the transport? **(3 marks)**

Question 2

Your ambulance is dispatched to a Road Traffic Accident 15 KM away from your hospital. Upon arrival on the scene, you found out that there are multiple cars involved in the accident. You think it is a mass casualty incident.

- a) What scene size-up considerations should you bear in mind as you approach the scene? **(5 marks)**
- b) How do you notify your hospital's incident commander or head of hospital about the incident? **(7 marks)**
- c) What roles do you assume before the arrival of backup teams? Elaborate the rationale behind the role you assumed. **(5 marks)**
- d) What triage do you use in mass casualty incidents for adults and pediatric populations? **(3 marks)**

Question 3

At 01:30 AM, your ambulance was dispatched to an unresponsive elderly man who was circumambulating the memorial chorten on New Year's Eve. As you arrive on the scene, a policeman states that the patient was unresponsive and that they believe he was trying to sleep under a tree in the snow. The patient has a weak and irregular pulse, and lack of shivering.

- a) What are the five methods of heat loss? **(5 Marks)**
- b) What stage of hypothermia does this patient present in? **(1 Mark)**
- c) What are the methods of rewarming hypothermic patients? **(2 Marks)**
- d) How can warmed supplemental oxygen be provided to a hypothermic patient? **(2 Marks)**

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