



National Day Nurseries Association

**★Brighter thinking
for early years**

Quiz

A young girl with light hair and blue eyes is shown in profile, looking towards the left. She is wearing a red scarf and a white sweater. A stethoscope is around her neck, and she is holding the earpieces to her ears. To her left is a large, brown teddy bear. The background is a soft-focus outdoor scene with yellow leaves. The bottom half of the image is overlaid with a dark blue circular shape.

Paediatric First Aid



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NDNA Quiz: Paediatric first aid (NDNA and Millie's Mark)

1. Can an AED (automated external defibrillator) be used on a baby or child?

- a. Yes, but only if it has 'paediatric' pads or a paediatric setting
- b. No, it should never be used
- c. Yes, and you can use adult pads.

2. How would you recognise a broken or dislocated bone?

- a. Pain, loss of power and unnatural movement
- b. Swelling/bruising, deformity and crepitus (joint sounds such as popping)
- c. All of these.

3. A baby is choking. You have followed the initial steps but the obstruction has not cleared – how do you give chest thrusts?

- a. Do not give chest thrusts to a baby – it is too dangerous
- b. Use one finger to give up to 10 chest thrusts
- c. Use two fingers to give up to five chest thrusts.

4. The baby has become unresponsive and isn't breathing normally. You have asked someone to call 999/112 and are about to give rescue breaths and chest compressions. How many breaths and compressions?

- a. Give five initial rescue breaths and use two fingers to give 30 compressions
- b. Give 10 initial breaths and use two fingers to give 50 compressions
- c. Give five initial rescue breaths and use three fingers to give 20 compressions.

5. What should you do if a nosebleed is severe or lasts more than 30 minutes?

- a. Make sure they are sitting upright and wait for another 30 minutes
- b. Nip the soft part of the nose
- c. Take the child to hospital sitting upright.

6. How would you treat a bruise?

- a. Place an ice pack straight into the bruise and apply pressure for 10 minutes
- b. Place an ice pack in a tea towel / triangular bandage on the bruise and apply pressure for 10 minutes
- c. Place an ice pack on the bruise and ask the child to hold it there.

7. What are the 'red flag' early warning signs of meningitis?

- a. Cold hands and feet, abnormal skin colouring, pain in the limbs and joints
- b. Fever, blotchy purple rash, drowsiness, headache, stiff neck and dislike of bright lights
- c. All of the above.

8. How urgently should you seek medical advice if you suspect a child has meningitis?

- a. Wait for symptoms to appear
- b. Seek urgent medical advice
- c. Wait for parents to arrive.

Answers – yellow marks the correct answer(s)

1. Can an AED (automated external defibrillator) be used on a baby or child?

- a. Yes, but only if it has 'paediatric' pads or a paediatric setting
- b. No, it should never be used
- c. Yes, and you can use adult pads.

Note: If you only have adult pads, you should use them as this is better than not using an AED at all in an emergency.

2. How would you recognise a broken or dislocated bone?

- a. Pain, loss of power and unnatural movement
- b. Swelling/bruising, deformity and crepitus (joint sounds such as popping)
- c. All of these.

3. A baby is choking. You have followed the initial steps but the obstruction has not cleared – how do you give chest thrusts?

- a. Do not give chest thrusts to a baby – it is too dangerous
- b. Use one finger to give up to 10 chest thrusts
- c. Use two fingers to give up to five chest thrusts.

Note: If the obstruction does not clear, repeat the back slaps and chest thrusts and if it is ineffective then should for help and have someone call 999/112.

4. The baby has become unresponsive and isn't breathing normally. You have asked someone to call 999/112 and are about to give rescue breaths and chest compressions. How many breaths and compressions?

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Note: Early signs: Cold hands and feet, abnormal skin colouring, pain in the limbs and joints
Later signs: Fever, blotchy purple rash, drowsiness, headache, stiff neck and dislike of bright lights.

8. How urgently should you seek medical advice if you suspect a child has meningitis?

- a. Wait for symptoms to appear
- b. Seek urgent medical advice
- c. Wait for parents to arrive.

Note: Time is critical – do not wait for symptoms to appear. Call 999/112 for emergency help if a rash is present and go straight to hospital if no medical help is available.

To learn more, visit our Millie's Mark webpage: <https://www.milliesmark.com/>

The contents of this work are exclusively the property of National Day Nurseries Association (NDNA). We strive to ensure that this content is accurate and up-to-date, but information can change over time, so this document should not be used as a substitute for personalised advice from a qualified professional. We hope that you will continue to use this quiz as a useful tool and would welcome any feedback. If you have any queries or concerns about the quiz please do not hesitate to contact us.

National Day Nurseries Association

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