

**Pre-Test Questionnaire for Emergency & Disaster Preparedness at PHC Level**

**Participant Name:** \_\_\_\_\_

**Designation:** \_\_\_\_\_

**Facility Name:** \_\_\_\_\_

**District:** \_\_\_\_\_

**Note:**

- ✓ Attempt all questions. (circle the correct answer)

1. Heavy flash floods hit a nearby village. Within hours, dozens of families arrive at your PHC seeking shelter and medical care. The facility is running low on safe drinking water. What should be the **FIRST** priority for the PHC team?
  - a. Start cleaning the outpatient area
  - b. Begin routine immunization activities
  - c. **Ensure access to safe drinking water to prevent disease outbreaks**
  - d. Conduct health awareness sessions
  
2. Your PHC receives multiple children with fever and rash from a nearby IDP camp. The camp is overcrowded and has poor sanitation. What is the **MOST** important immediate action?
  - a. Refer all children to secondary care
  - b. **Notify the district authorities and activate surveillance**
  - c. Start distributing hygiene kits
  - d. Close PHC services and restrict entry
  
3. An earthquake damages the power supply and cracks appear in one wall of your PHC. Patients continue to arrive seeking care. Which step should the facility in-charge take **FIRST**?
  - a. Begin administering tetanus vaccination
  - b. Call NGOs for support
  - c. Move all patients into the waiting area
  - d. **Assess building safety and evacuate if the structure is unsafe**

4. A pregnant woman in her third trimester arrives at the PHC after being displaced by conflict. She has not received any antenatal care. What is the MOST urgent action by the PHC team?

- a) Ask her to return the next day
- b) Provide nutrition supplements only
- c) Refer her automatically to a tertiary hospital
- d) **Conduct rapid ANC screening and assess for danger signs**

5. Your PHC receives 12 burn victims after a fire incident in a nearby settlement. One patient shows facial burns, hoarse voice and black soot around the nose. What is the MOST important immediate priority for this patient?

- a) Start IV fluids immediately
- b) **Assess and secure airway due to risk of obstruction**
- c) Apply topical antibiotics
- d) Send for an X-ray

6. During a mass casualty incident, several patients arrive at the PHC simultaneously. Which patient should be attended **first** according to triage principles?

- a) A patient with a closed fracture of the arm
- b) **A patient who is unconscious but breathing**
- c) A patient with minor cuts and abrasions
- d) A patient complaining of mild abdominal pain

7. A patient presents with chest pain, sweating, and shortness of breath. What should be your **first immediate action**?

- a) Start IV fluids
- b) Give paracetamol
- c) **Provide oxygen and perform ECG**
- d) Ask the patient to lie on the floor

8. After a chemical spill in the community, several people develop eye irritation and difficulty breathing. What is the **first step** in managing such patients at the PHC?

- a) Give oral antibiotics
- b) **Irrigate eyes and remove contaminated clothing**
- c) Start IV steroids
- d) Perform blood tests

9. During a flood, a patient collapses at the PHC in your village. There is water on the floor and debris around. What should you do first?

- a) Immediately start CPR
- b) Clear the debris before approaching the patient
- c) **Ensure your own safety, then approach the patient**
- d) Call for ambulance and leave the patient

**10.** After a road accident on a highway in Khyber Pakhtunkhwa, five patients arrive at your PHC simultaneously. One has a broken leg, another is pale, weak, and dizzy, one is unconscious and not breathing, one has minor cuts, and one has severe head trauma with irregular breathing. Who should be treated first?

- a) Patient with minor cuts
- b) Patient who is pale and weak with a fast pulse**
- c) Patient with a broken leg
- d) Patient with minor bruises

**11.** A person falls from the roof of a school near your PHC and is lying unconscious on their back. Following DRABC, what should you do first?

- a) Check airway
- b) Ensure the scene is safe for yourself and the victim**
- c) Start CPR immediately
- d) Roll the person onto their side

**12.** A 4-year-old child at the PHC health camp in your area is choking on a piece of food, coughing weakly, and cannot speak. What is the appropriate first aid action?

- a) Start CPR immediately
- b) Give 5 back blows followed by 5 chest thrusts**
- c) Perform abdominal thrusts like an adult
- d) Leave the child alone to cough it out

**13.** During a construction accident in your tehsil, a patient arrives at the PHC with a deep, spurting arm wound. What is the correct first aid measure?

- a) **Apply direct pressure and elevate the arm**
- b) Wash the wound with water and leave it open
- c) Apply ice directly on the wound
- d) Cover with a loosely folded cloth only

**14.** A farmer falls from a tree near his village and is lying on the ground, conscious but unable to move his legs. What is the safest immediate action?

- a) Move the patient to the recovery position immediately
- b) **Apply a cervical collar and maintain spine neutrality until professional help arrives**
- c) Sit the patient upright to check for pain
- d) Remove the helmet immediately and start CPR

**15.** A 3-year-old child in a village near your PHC spills boiling water on their arm. The skin is red with small blisters. What should you do first?

- a) Apply butter to soothe the burn
- b) **Run cool (not ice-cold) water over the burn for 10–20 minutes**
- c) Cover immediately with thick cloth
- d) Take the child to the hospital before any first aid

**16.** During a heatwave in Khyber Pakhtunkhwa, a laborer collapses in a field. He is hot, confused, and not sweating. What is the priority action?

- a) Give the patient sugary drinks
- b) Move him to a cool, shaded area and start cooling immediately**
- c) Make him lie on his back and wait
- d) Encourage the patient to walk slowly to the nearest clinic

**17.** A snake bites a farmer on his leg in a rural area. The victim is anxious and moving the leg repeatedly. What is the first aid step at your PHC?

- a) Apply ice to the bite site
- b) Calm the victim, apply a pressure immobilization bandage, and minimize movement**
- c) Cut the wound to suck out the venom
- d) Immediately try to catch the snake

**18.** A child is brought to your PHC after nearly drowning in a village pond. The child is unconscious and not breathing. What is your immediate action?

- a) Place the child in recovery position
- b) Start 5 rescue breaths followed by 30 chest compressions**
- c) Remove wet clothes and wait for ambulance
- d) Give water to hydrate the child

**19.** A construction worker suffers an electrical burn at a site near your PHC. His hand is charred, hard, and painless. What is the correct next step?

- a) Start cooling immediately with running water and refer urgently**
- b) Apply oil or butter to soothe the burn
- c) Massage the hand to improve circulation
- d) Leave the patient until pain develops

**20.** During a heatstroke incident in a community camp, a 45-year-old man is confused, with hot, dry skin and a high temperature. Which action should be taken first?

- a) Move him to shade and start cooling his body**
- b) Give him coffee to restore energy
- c) Make him perform light exercises to cool down
- d) Cover him with heavy blankets to calm him