

ATLS (Advanced Trauma Life Support) – High-Yield MCQ Notes (For Proff Exams)

These notes are **strictly MCQ-oriented**, covering **repeat questions commonly asked in professional exams** from trauma & ATLS.

1. ATLS – Definition (VERY COMMON MCQ)

- **ATLS**: A systematic approach to the **early assessment and management of trauma patients** to identify and treat life-threatening injuries in order of priority.

Key Principle (MCQ Line)

- **Treat the greatest threat to life first.**
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2. Trauma Survey Sequence (EXTREMELY IMPORTANT)

Order of Trauma Care

1. **Primary survey (ABCDE)**
 2. Resuscitation
 3. **Secondary survey (Head-to-toe)**
 4. Definitive care
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3. Primary Survey – ABCDE (MOST COMMON MCQs)

A – Airway with Cervical Spine Protection

- First priority in trauma
- Assume **cervical spine injury until proven otherwise**
- Jaw thrust preferred (not head tilt)

MCQ: Most important first step → **Airway**

B – Breathing

Life-threatening chest injuries (MCQ FAVORITES)

- Tension pneumothorax

- Open pneumothorax
- Massive hemothorax
- Flail chest

MCQ: Treatment of tension pneumothorax → **Immediate needle decompression**

C – Circulation with Hemorrhage Control (VERY HIGH YIELD)

- **Most common cause of shock in trauma:** Hypovolemic (hemorrhagic)
- Control external bleeding
- Insert **2 large-bore IV cannulas**

MCQs - First fluid → **Crystalloids (Ringer lactate)** - Earliest sign of shock → **Tachycardia**

D – Disability (Neurological Assessment)

- **GCS assessment**
- Pupillary response

MCQ: Normal GCS = **15**

E – Exposure & Environment

- Completely expose patient
 - Prevent **hypothermia**
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4. Adjuncts to Primary Survey (COMMON MCQs)

- Pulse oximetry
 - ABGs
 - ECG monitoring
 - **FAST scan**
 - Portable X-ray (Chest & Pelvis)
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5. FAST Scan (VERY HIGH YIELD)

Definition

- **Focused Assessment with Sonography for Trauma**

MCQs

- Detects **free fluid (blood)**
- Performed during **Primary survey (C – Circulation)**
- Cannot differentiate blood from other fluid

FAST Views

- Morrison's pouch
- Perisplenic
- Pelvis (Pouch of Douglas)
- Pericardium

eFAST

- Includes pneumothorax & hemothorax
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6. Secondary Survey (FREQUENT MCQs)

- Detailed head-to-toe examination
 - History using **AMPLE**:
 - Allergies
 - Medications
 - Past illness
 - Last meal
 - Events
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7. Trauma Scoring Systems

Glasgow Coma Scale (GCS)

- Eye opening (4)
 - Verbal response (5)
 - Motor response (6)
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8. Shock in Trauma (VERY COMMON)

Types

- Hypovolemic (most common)
- Cardiogenic
- Neurogenic
- Septic

MCQ

- **Warm shock with hypotension & bradycardia:** Neurogenic shock
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9. Head Injury – ATLS Points

MCQs

- Maintain airway & oxygenation
 - Prevent hypotension & hypoxia
 - CT scan after stabilization
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10. Abdominal Trauma

MCQs

- FAST positive + unstable patient → **Immediate laparotomy**
 - Stable patient → CT scan
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11. Pelvic Trauma

MCQs

- Pelvic fracture → suspect massive hemorrhage
 - Apply pelvic binder early
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12. Spinal Injury

MCQs

- Immobilize spine
 - Cervical collar mandatory
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13. Trauma in Pregnancy

MCQs

- Left lateral tilt
 - Fetal monitoring after maternal stabilization
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14. Pediatric Trauma (HIGH YIELD)

- Children compensate well → sudden collapse
 - Early signs subtle
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15. Common ATLS MCQ Traps

- Airway comes before imaging
 - FAST \neq CT scan
 - Tachycardia is early sign of shock
 - Hypotension is a late sign
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16. Important Numbers (LAST-MINUTE MCQs)

- Urine output:
 - Adult ≥ 0.5 ml/kg/hr
 - Child ≥ 1 ml/kg/hr
 - Normal GCS = 15
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One-Line MCQ Pearls

- ATLS = ABCDE approach
 - Treat life-threatening injuries first
 - FAST is part of primary survey
 - Hypovolemic shock is most common in trauma
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If you want, I can: - Create **30 ATLS MCQs with answers** - Make a **1-page trauma algorithm sheet** - Combine **ATLS + FAST + Shock** for final revision