

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.**

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

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**

4. Adjuncts to Primary Survey (COMMON MCQs)

- Pulse oximetry
- ABGs
- ECG monitoring
- **FAST scan**
- Portable X-ray (Chest & Pelvis)

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

6. Secondary Survey (FREQUENT MCQs)

- Detailed head-to-toe examination
- History using **AMPLE**:
- Allergies
- Medications
- Past illness
- Last meal
- Events

7. Trauma Scoring Systems

Glasgow Coma Scale (GCS)

- Eye opening (4)
- Verbal response (5)
- Motor response (6)

8. Shock in Trauma (VERY COMMON)

Types

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

MCQ

- **Warm shock with hypotension & bradycardia:** Neurogenic shock

9. Head Injury – ATLS Points

MCQs

- Maintain airway & oxygenation
- Prevent hypotension & hypoxia
- CT scan after stabilization

10. Abdominal Trauma

MCQs

- FAST positive + unstable patient → **Immediate laparotomy**
- Stable patient → CT scan

11. Pelvic Trauma

MCQs

- Pelvic fracture → suspect massive hemorrhage
- Apply pelvic binder early

12. Spinal Injury

MCQs

- Immobilize spine
- Cervical collar mandatory

13. Trauma in Pregnancy

MCQs

- Left lateral tilt
- Fetal monitoring after maternal stabilization

14. Pediatric Trauma (HIGH YIELD)

- Children compensate well → sudden collapse
- Early signs subtle

15. Common ATLS MCQ Traps

- Airway comes before imaging
- FAST ≠ CT scan
- Tachycardia is early sign of shock
- Hypotension is a late sign

16. Important Numbers (LAST-MINUTE MCQs)

- Urine output:
- Adult $\geq 0.5 \text{ ml/kg/hr}$
- Child $\geq 1 \text{ ml/kg/hr}$
- Normal GCS = 15

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

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