

EXPERT FIELD MEDICAL BADGE (EFMB)



TRAINING Written Test Study Guide

REFERENCES

Unit Field Sanitation Teams (ATP 4-25.12) April 2014

Army Health System Support to Detainee Operations (ATP 4-02.46) April 2013

Soldier's Manual of Common Tasks Warrior Skills Level 1 (STP-21-SMCT) April 2017

Soldier's Manual and Trainer's Guide MOS 68W (STP 8-68W13-SM-TG) May 2013

Army Health System Support to Maneuver Forces (ATP 4-02.3) June 2014

PURPOSE:

The purpose of this study guide is to assist candidates in preparation for the Expert Field Medical Badge Written Test. This guide should be used in conjunction with all study references outlined in AMEDDC&S PAM 350-10.

DISCLAIMER:

This study guide does not provide answers to the EFMB Written Test but an overview of the content in which questions are developed. Studying and understanding this content will prepare you for all versions of the EFMB Written Test. You must utilize the references listed on page two of the study guide to correctly answer the questions and obtain the correct definitions. Always use the most current version of the references and check the EFMB website to ensure you are utilizing the correct version.

Use of other study materials is not advised.

Unit Field Sanitation Teams

ATP 4-25.12

1. What is a disease and nonbattle injury (DNBI)?
2. How do unit field sanitation teams (FST) assist commanders in maintaining health and well-being of Soldiers?
3. What does an FST consist of and where are they assigned?
4. What is a FST dependent on support from brigade level and higher preventive medicine personnel?
5. What are the eight health threats to Soldiers in the field?
6. What are preventive medicine measures and their principles?
7. What are protective measures that fall under an individual Soldier's responsibility?
8. What are considerations to take when packing personal hygiene supplies?
9. When is handwashing and sanitizing most effective?
10. How can you avoid contracting water and foodborne disease?
11. Understand how to use the DoD Insect Repellent System. What are the three components?
12. How can you avoid potential heat injury?
13. How can you avoid potential cold injury?
14. What are toxic industrial materials and what areas are they generally found? What are the commonly encountered gases and liquids?
15. What are the injuries that could come from carbon monoxide, smoke, bore/gun gases, and fuel/solvents/grease/oils? How can you protect yourself against them?
16. How should commanders and FSTs plan for field sanitation devices?
17. What are the three considerations for the amount of water necessary to sustain Soldiers?
18. What are the rules of water discipline?
19. What is the responsibility of the FST in regards to water supplies?
20. What is water treatment and purification?
21. What are the two water sources and examples of each?
22. Understand the Table 3-1 for approved potable and nonpotable water uses.
23. What are bacterial infections? Know the different types listed.
24. What are protozoan infections? Know the different types listed.
25. What are viral infections? Know the different types listed.
26. What chemicals are used to disinfect drinking water?
27. What are the four variables in determining the effectiveness of chlorine disinfection of drinking water?
28. Understand the process for determining chlorine residual.
29. Understand how to use iodine tablets to disinfect water.
30. How do you disinfect canteens with calcium hypochlorite?
31. How do you disinfect a five-gallon water can with iodine tablets? Personal Hydration Systems? Canteens?
32. How do FSTs assist commanders in preventive foodborne illnesses?
33. What are the eight known pathogens that account for the majority of illnesses, hospitalizations and deaths?

34. What are the five risk factors related to food handler behaviors that contribute to foodborne illness?
35. What temperature ranges should potentially hazardous foods be stored?
36. What are considerations that need to be taken to transport meals?
37. How should food containers be labeled?
38. What is the role of FSTs in regards to waste management?
39. What are the disposal methods for nonhazardous solid waste?
40. What is wastewater? What are the disposal methods?
41. What are the four types of latrines that can be employed to meet the requirements of Soldiers in the field?
42. What are the different types of urine disposal?
43. Understand the Table 6-1 for diseases associated with rodents?
44. What are the three most encountered rodents?
45. What are the six control techniques for rodents?
46. What are the key facts about rabies? How can you prevent it?
47. Understand the Table 6-2 pertaining to arthropods of military importance and the major diseases they transmit.
48. How long does it take Soldiers to acclimatize to heat?
49. What are types of heat injury?
50. Understand Table 7-4 for work/rest and water consumption guide.
51. What is the purpose of measuring the wet bulb-globe temperature index and when should you do this?
52. What are the factors for heat injury?
53. What are the factors for cold injury?
54. What are the cold and wet (nonfreezing/freezing) cold injuries?
55. What are other conditions associated with cold weather and the treatment?
56. What are the routes of entry that toxic industrial materials can enter the body?
57. What are the four properties and characteristics of noise?
58. What are the two types of noise?

Definitions to know:

Potable Water

Nonpotable Water

Palatable Water

Disinfection

Packaged Field Water

Black Water

Gray Water

Pests

Irritants

Asphyxiants

Anesthetics

Systemic Poisons

Carcinogens

Army Health System Support to Detainee Operations

ATP 4-02.46

1. What are the principles of detainee health care?
2. What are the five categories of the detainee health care system?
3. What is the Law of Land Warfare and what is the purpose?
4. What was the Law of Land Warfare derived from?
5. What are the four separate international treaties of the Geneva Conventions? (understand the highlighted articles in each of the four treaties)
6. What is the importance of the words “respect” and “protect” in Article 12, Geneva Convention for the Amelioration of the Condition of the Wounded and Sick in Armed Forces in the Field?
7. The Geneva Conventions provide for the repatriation of?
8. What is the process for a compassionate release?
9. What is the responsibility of health care personnel in detainee operations?
10. What is considered a prohibited act?
11. What assistance can health care personnel provide interrogation teams?
12. What are the four “Ps” of abuse prevention?
13. What actions do you take if you suspect any abuse?
14. What warrants a body cavity search?
15. What happens when a detainee refuses care?
16. What is the two-person verification rule?
17. What is the Detainee Operations Medical Director (DOMD) responsible for?
18. What is a Theater Internment Facility (TIF)?
19. What are the medical services provided in the TIF?
20. What does the Detainee Operations Commander do?
21. Who is responsible for detainee security, custody, and control?
22. What are the three principal types of civilian organizations?
23. What are the rules for health care personnel contact with nongovernmental organizations?
24. What are the general/cultural considerations that health care personnel must understand when interacting with detainees?
25. What are the rules for use of restraints?
26. What are the procedures for use of mechanical leather restraints on detainees?
27. What is the internment serial number?
28. What standardized form is used for detainee physical screening?
29. Understand how the Health Insurance Portability and Accountability Act pertains to detainees.
30. When is medical photography authorized?
31. How often should detainees be screened for weight?
32. How often should detainees have access to medical care?
33. How often do detainees in segregation receive medical care/contact?
34. What are the considerations for administering detainee medications?
35. What is a hunger strike?
36. During an initial evaluation of a hunger-striking detainee, the medical staff will?
37. What is the detainee death notification process?

38. When will a detainee undergo vision screening?
39. When will a detainee be screened by behavioral health?
40. What are the indications/behaviors of severe depression?
41. What are the water consumption planning factors for the different climates?
42. Who is responsible for the operation of the pharmacy?
43. What are the restrictions/limitations for health care personnel and the interaction with detainees?
44. Understand unauthorized disclosure of information. Who can authorize disclosure of information in advance?
45. What actions should you take in a hostage situation?

Definitions to know:

Detainee
Civilian Internee
Security Internee
High Value Detainee
Former Detainee
Retained Personnel
Enemy Combatants
Prohibited Person
Technical Supervision

Warrior Skills Level 1

STP 21-1-SMCT

1. What are warrior tasks and battle drills?
2. What is a unit METL?
3. What are the brevity and frequency codes used in a training plan?
4. Understand the steps on how to clear, disassemble, assemble an M16 series rifle or M4 series carbine.
5. Understand the steps on how to perform a function check on an M16 series rifle or M4 series carbine.
6. Understand the steps on how to correct a malfunction on an M16 series rifle or M4 series carbine.
7. Understand the steps on how to zero an M16 series rifle or M4 series carbine.
8. Understand the steps to employ a hand grenade.
9. What are the movement techniques performed in urban operations?
10. What are the six basic colors on a military map? What do they represent?
11. What are the 10 natural or man-made terrain features?
12. How do you measure distance on a map?
13. What are the three ways to orient a map?
14. What are the effects of metal and electricity on a lensatic compass? What should you stay away from?
15. Understand how to determine an azimuth.
16. What is the difference between navigating by terrain association and dead reckoning?
17. What techniques can you use to move under direct fire? What is the proper positioning and advantages/disadvantages for each?
18. What are the considerations when selecting a hasty fighting position?
19. What are the eight lines of a SITREP?
20. What is a SITREP used to report?
21. What is a SPOTREP used to report?
22. Understand the different ways to use visual signals for combat formations.
23. Understand the steps on how to don your protective mask in a CBRN event.
24. What are the different MOPP levels one through four?
25. How would you attach M9 detector paper to your MOPP gear?
26. What colors/patterns would you detect on your M9 paper if you have been exposed to a liquid chemical agent?
27. What will M8 detector paper react positively to?
28. What do the different colors on M8 paper indicate to a particular agent?
29. What are the different phases of Tactical Combat Casualty Care? What treatment is in each of the phases?
30. What are the signs and symptoms of shock?
31. When a casualty is in shock, when would you not elevate the legs?
32. What are the two ways to open an airways and when would you use them?
33. Understand the different ways to transport a casualty (individual or assisted) and when you would use different carries.
34. What are the four different kinds of burns?

35. Understand Table 081 and the information needed to request medical evacuation.
36. What is the order of the 9-Line MEDEVAC request and how would start and end the request?
37. How can you exercise noise and light discipline?
38. What observation techniques can you perform during day vs. limited visibility observation?
39. What is a SALUTE report?
40. How do you challenge a person entering your area?
41. How would you camouflage your face?
42. What are the principles of applying camouflage during operations?
43. What are the key elements of the Law of War?
44. What are the basic principles of the Law of War?
45. What are the 10 Soldier Rules?
46. What are the five levels of hostile civilian threat?

**Army Health System Support to Maneuver Forces
ATP 4-02.3**

1. What is the Army Health System (AHS)?
2. What is Health Service Support (HSS) and Force Health Protection (FHP)
3. What warfighting functions are HSS and FHP aligned under?
4. What are the six principles of AHS Support?
5. What is the difference between Role 1 and 2 care?
6. What is included in Role 1 medical care?
7. What are the ten medical functions of the AHS?
8. Understand Table 1-1 Health Threats
9. What is the difference between a brigade and battalion surgeon in roles and responsibilities? (refer to Table 2-1)
10. What is the make-up of a medical platoon in a maneuver battalion?
11. What are the functions of a combat medic?
12. Who is in tactical control of the battalion aid station?
13. What are the considerations that should be considered for the location of the BAS?
14. What should be considered for location of an AXP?
15. What is the role of medical personnel in regards to patient decontamination for CBRN patients?
16. What is the make-up of a medical company in a brigade support battalion?
17. What is the mission, allocation, capabilities & dependencies of a BSMC?
18. What is the role of the BMSO?
19. Understand Table 3-1 Medical considerations for terrain and environmental conditions and the equipment and supplies that may be required.
20. What are offensive tasks? Understand Table 3-2.
21. What are defensive tasks? Understand Table 3-3.
22. What are stability tasks? Understand Table 3-4.
23. What are defense support of civil authorities' tasks? Understand Table 3-5.
24. What is the make-up of a medical company (area support) (MCAS)?
25. What is the mission, allocation, capabilities & dependencies of an MCAS?
26. What is a mass casualty situation?
27. What are the four triage categories? Know examples of injuries in each category.
28. How is patient accountability handled during a MASCAL?

Definitions to know:

Conformity

Mobility

Proximity

Flexible

Continuity

Control

Advanced Trauma Management

Decisive Action

**MOS 68W Health Care Specialist
STP 8-68W13-SM-TG**

1. Describe faster/slower than normal heart and respiratory rates?
2. How and when should vital signs be obtained?
3. What are the different methods for obtaining each vital sign?
4. What are the appropriate areas to fill out on a DD Form 1380 TCCC Card?
5. What are the steps for assisting with vaginal delivery?
6. What are the different types of poisoning and how do you treat each?
7. When changing a sterile dressing what are wounds assessed for and how are they cleaned?
8. Name the signs and symptoms of Anaphylactic Shock.
9. What treatments may be provided for an anaphylactic reaction?
10. What are the types and treatments for high altitude illness?
11. Name the signs and symptoms of diabetic emergencies.
12. How is a patient's mental status assessed?
13. Understand treatment for a near drowning casualty
14. Identify the types of seizures and their characteristics.
15. Understand chest pain signs and symptoms and criteria for assisting with medication intake.
16. How is a chemical burn to the eye identified and treated?
17. How is an amputated part cared for?
18. Why is C-spine stabilization important and what issues may happen if not properly maintained?
19. What are the junctional wounds and how are they treated?
20. What are the steps to treating a casualty with an impaled object?
21. Identify the signs and symptoms related to burn injuries
22. What is a mechanism of injury and how does it apply to a trauma assessment?
23. What are the phases of Tactical Combat Casualty Care?
24. Understand medications and doses soldiers may receive after sustaining an injury in combat.
25. How is oxygen administered?
26. How does oxygen flow rate, cylinder size and available volume affect the amount of time a cylinder will last?
27. Identify advanced airways and when they should be used.
28. What are the common eye, ear, nose, and throat infections?
29. What is a MACE screening and its purpose?
30. Identify some of the common skin disorders.
31. What are some methods of splinting long bone and pelvic fractures?
32. Understand CBRN effects on casualties and how to decontaminate.
33. What is a casualty collection point and how is it established?
34. Understand the purpose of triage and identify the different triage categories.
35. What are common heat injuries and their signs and symptoms?
36. What are common cold injuries and their signs and symptoms?
37. How are insect stings/bites and snake bites identified and treated?

