

INITIAL ASSESSMENT

PROCEDURES		CRITICAL SKILL
1. SCENE SIZE UP	<input type="checkbox"/> <input type="checkbox"/>	*A. Observe area to ensure safety *B. Call for help
2. MECHANISM OF INJURY	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	*A. Determine causes of injury, if possible *B. Triage: Immediate, Delayed, Minor or Deceased *C. Ask patient (if conscious) what happened
3. INITIAL ASSESSMENT	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	*A. Verbalize general impression of the patient(s) *B. Determine responsiveness/level of consciousness (AVPU) Alert, Verbal, Painful, Unresponsive *C. Determine chief complaint/apparent life threat
4. ASSESS AIRWAY AND BREATHING	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	A. Correctly execute head-tilt / chin-lift or jaw thrust maneuver, depending on the presence of cervical spine (neck) injuries B. Look, listen and feel for breathing (3-5 seconds) C. If present, treat sucking chest wound
5. ASSESS FOR CIRCULATION	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	A. Check for presence of a carotid pulse (5-10 secs) B. If present, control life threatening bleeding C. Start treatment for all other life threatening injuries / conditions (reference Rule 2)

PATIENT ASSESSMENT

PROCEDURES		CRITICAL SKILL
1. HEAD	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	*A. Check head for DOTS: Deformities, Open wounds, Tenderness and Swelling *B. Check and touch the scalp *C. Check the face *D. Check the ears for bleeding or clear fluids *E. Check the eyes for any discoloration, unequal pupils, reaction to light, foreign objects and bleeding *F. Check the nose for any bleeding or drainage *G. Check the mouth for loose or broken teeth, foreign objects, swelling or injury of tongue, unusual breath odor and discoloration
Patient Assessment Cont.:		

2. NECK	<input type="checkbox"/> <input type="checkbox"/>	<p>*A. Check the neck for DOTS</p> <p>*B. Inspect for medical ID</p>												
3. CHEST	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>*A. Check the chest area for DOTS</p> <p>*B. Feel chest for equal breathing movement on both sides</p> <p>*C. Feel chest for inward movement in the rib areas during inhalations</p>												
4. ABDOMEN	<input type="checkbox"/>	<p>*A. Check abdomen (stomach) for DOTS</p>												
5. PELVIS	<input type="checkbox"/> <input type="checkbox"/>	<p>*A. Check pelvis for DOTS</p> <p>*B. Inspect pelvis for injury by touch (Verbally state inspection of crotch and buttocks areas)</p>												
6. LEGS	<table border="0"> <tr> <td style="text-align: center;">L</td> <td style="text-align: center;">R</td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> </table>	L	R	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>*A. Check each leg for DOTS</p> <p>*B. Inspect legs for injury by touch</p> <p>*C. Unresponsive: Check legs for paralysis (pinch inner side of leg on calf)</p> <p>*D. Responsive: Check legs for motion; place hand on bottom of each foot and state "Can you push against my hand?"</p> <p>*E. Check for medical ID bracelet</p>
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7. ARMS	<table border="0"> <tr> <td style="text-align: center;">L</td> <td style="text-align: center;">R</td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> </table>	L	R	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>*A. Check each arm for DOTS</p> <p>*B. Inspect arms for injury by touch</p> <p>*C. Unresponsive: Check arms for paralysis (pinch inner side of wrist)</p> <p>*D. Responsive: Check arms for motion (in a conscious patient; team places fingers in each hand of patient and states "Can you squeeze my fingers?")</p> <p>*E. Check for medical ID bracelet</p>
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8. BACK SURFACES	<input type="checkbox"/>	<p>*A. Check back for DOTS</p>												

TWO-RESCUER CPR (WITH SPINAL INJURY - MANIKIN ONLY)

PROCEDURES

CRITICAL SKILL

<p>1. RESCUER 1 - ESTABLISH UNRESPONSIVENESS</p>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>A. Tap or gently shake shoulder *B. "Are you OK?" C. Determine unconsciousness without compromising cervical spine (neck) injury *D. "Call for help" *E. "Get AED if available" (Note: if AED is used, follow local protocol)</p>
<p>2. RESCUER 1 - MONITOR PATIENT FOR BREATHING</p>	<input type="checkbox"/>	<p>A. Look for absence of breathing (no chest rise and fall) or gasping, which are not considered adequate (within 10 seconds)</p>
<p>3. RESCUER 1 - CHECK FOR CAROTID PULSE</p>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>A. Correctly locate the carotid pulse - on the side of the rescuer, locate the patient's windpipe with your index and middle fingers and slide your fingers in the groove between the windpipe and the muscle in the neck B. Check for presence of carotid pulse for 5 to 10 seconds *C. Absence of pulse</p>
<p>4. RESCUER 1 - POSITION FOR COMPRESSION</p>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>A. Locate the compression point on the breastbone between the nipples B. Place the heel of one hand on sternum the compression point and the other hand on top of the first so hands are parallel C. Do not rest fingers on the chest. Keep heel of your hand on chest during and between compressions</p>
<p>5. RESCUER 1 - DELIVER CARDIAC COMPRESSION</p>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>A. Give 30 compressions B. Compressions are at the rate of at least 100 per minute (30 compressions delivered with 18 seconds) C. Down stroke for compression must be on or through compression lines D. Return to baseline on upstroke of compression</p>
<p>6. RESCUER 2 - ESTABLISH AIRWAY</p>	<input type="checkbox"/> <input type="checkbox"/>	<p>A. Kneel at the patient's head B. Correctly execute jaw thrust maneuver</p>
<p>Two Rescuer CPR Cont: 7. RESCUER 2 - VENTILATIONS</p>	<input type="checkbox"/>	<p>A. Rescuer 1 should place the barrier device (pocket mask/shield with one way valve) on manikin</p>

<p>BETWEEN COMPRESSIONS</p>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>(OPTION 1: When spinal injury is present, Rescuer No. 2 can hold barrier device on manikin after Rescuer No. 1 correctly places device over the mouth and nose) (OPTION 2: Rescuer 1 can place the device on the manikin each time patient is ventilated)</p> <p>B. Rescuer 2 gives 2 breaths, 1 second each C. Each breath - minimum of .8 (through .7 liter line on new manikins) D. Complete breaths and return to compressions in less than 10 seconds (this will be measured from the end of last down stroke to the start of the first down stroke of the next cycle)</p>
<p>8. CONTINUE CPR FOR TIME STATED IN PROBLEM</p>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>A. Provide 5 cycles of 30 chest compressions and 2 rescue breaths B. To check pulse, stop chest compressions for no more than 10 seconds after the first set of CPR C. Rescuer at patient's head maintains airway and checks for adequate breathing or coughing D. The rescuer giving compressions shall feel for a carotid pulse E. If no signs of circulation are detected, continue chest compressions and breaths and check for signs of circulation after each set F. A maximum of 10 seconds will be allowed to complete ventilations and required pulse checks between sets (this will be measured from the end of the last down stroke to the start of the first down stroke of the next cycle)</p>
<p>9. CHANGING RESCUERS</p>	<input type="checkbox"/>	<p>A. Change of rescuers shall be made in 5 seconds or less and will be completed as outlined in problem. Team must switch every 5 cycles in less than 5 seconds</p>
<p>10. CHECK FOR RETURN OF PULSE</p>	<input type="checkbox"/> <input type="checkbox"/>	<p>A. A final pulse check will be required at the end of the last set of CPR (within 10 seconds) *B. "Patient has a pulse"</p>