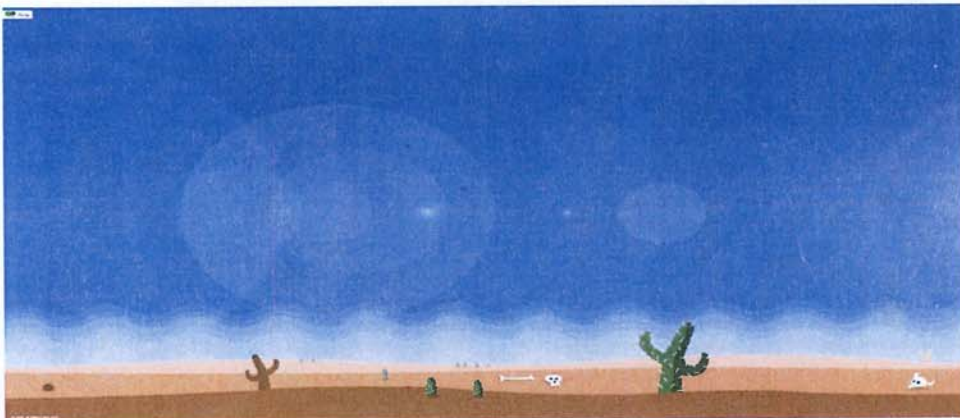


Craig First Aid Problem 2015

Beginning of afternoon shift Pat is at the return shaft out in the middle of the desert collecting weekly air samples and readings. It is the middle of a hot humid 102 degrees day.

When Pat was climbing the ladder to reach over the air shaft his is experiencing muscular cramps and dizziness which causes him to fall off the ladder. Pat is unconscious has hot dry skin with rapid heart rate of 104, blood pressure of 110/70 and respirations of 16.

The mine security guard found him and called for help. The security guard is hearing impaired (deaf).



List of Injuries

Severe Hyperthermia

8 inch Laceration Right Upper Arm

Closed Fractured Left Femur

Fractured Patella Right Knee

INITIAL ASSESSMENT

*

PROCEDURES

CRITICAL SKILL

1. SCENE SIZE UP	<input type="checkbox"/> *A. Observe area to ensure safety <input type="checkbox"/> *B. Call for help
2. MECHANISM OF INJURY	<input type="checkbox"/> *A. Determine causes of injury, if possible <input type="checkbox"/> *B. Triage: Immediate , Delayed, Minor, or Deceased <input type="checkbox"/> *C. Ask patient (if conscious) what happened
3. INITIAL ASSESSMENT	<input type="checkbox"/> *A. Verbalize general impression of the patient(s) <input type="checkbox"/> *B. Determine responsiveness/level of consciousness (AVPU) Alert, Verbal, Painful, Unresponsive <input type="checkbox"/> *C. Determine chief complaint/apparent life threats
4. ASSESS AIRWAY AND BREATHING	<input type="checkbox"/> A. Correctly execute head-tilt/chin-lift or jaw thrust maneuver, depending on the presence of cervical spine (neck) injuries <input type="checkbox"/> B. Look for absence of breathing (no chest rise and fall) or gasping, which are not considered adequate (within 10 seconds) <input type="checkbox"/> C. If present, treat sucking chest wound
5. ASSESS FOR CIRCULATION	<input type="checkbox"/> A. Check for presence of a carotid pulse (5-10 seconds) <input type="checkbox"/> B. If present, control life threatening bleeding <input type="checkbox"/> C. Start treatment for all other life threatening Injuries/conditions (reference Rule 2)

IMMEDIATE: Rapid Patient Assessment treating all life threats Load and Go.

If the treatment interrupts the rapid trauma assessment, the **assessment** will be completed at the end of the **treatment**.

NOTE: Each critical skill identified with an (*) shall be clearly verbalized by the team as it is being conducted. After initially stating what DOTS stands for, the team may simply state "DOTS" when making their checks.

- Teams may use the acronym "CSM" when checking circulation, sensation, and motor function.

SEVERE HYPERTHERMIA

PROCEDURES	CRITICAL SKILL	
1. ASSESS FOR HYPERTHERMIA	<input type="checkbox"/>	*A. Patient exhibits signs and symptoms of hyperthermia: <ul style="list-style-type: none"> ▪ Redness ▪ Muscular cramps ▪ Weakness or exhaustion ▪ Rapid heart rate ▪ Dizziness or faintness ▪ Altered mental status to unresponsive
2. PREVIOUS INTERVENTIONS	<input type="checkbox"/>	*A. Inquire about previous interventions attempted
3. ASSESS FOR SEVERE HYPERTHERMIA (HEAT STROKE)	<input type="checkbox"/>	*A. Check skin for: <ul style="list-style-type: none"> ▪ Hot temperature ▪ Red ▪ Dry or moist
4. TREATMENT FOR SEVERE HYPERTHERMIA	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	*A. Place patient in a cool environment *B. Wet patient skin by applying water from sponge or wet towels and fan C. Put in supine position with legs elevated *D. Offer drinking water if patient is responsive and not nauseated *E. Apply cool packs to neck, groin and armpits *F. Transport immediately
5. REASSESS	<input type="checkbox"/>	*A. Reassess level of consciousness (AVPU), respiratory status and patient response

IMMOBILIZATION - LONG SPINE BOARD (Backboard)

PROCEDURES

CRITICAL SKILL

PROCEDURE		
1. MOVE THE PATIENT ONTO THE LONG SPINE BOARD	<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"/>	A. One First Aid Provider at the head must maintain in-line immobilization of the head and spine B. First Aid Provider at the head directs the movement of the patient C. Other First Aid Provider control movement of the rest of body D. Other First Aid Provider position themselves on same side E. Upon command of First Aid Provider at the head, roll patient onto side toward First Aid Providers F. Quickly assess posterior body, if not already done G. Place long spine board next to the patient with top of board beyond top of head H. Place patient onto the board at command of the First Aid Provider at head while holding in-line immobilization using methods to limit spinal movement I. Slide patient into proper position using smooth coordinated moves keeping spine in alignment
2. PAD VOIDS BETWEEN PATIENT AND LONG SPINE BOARD	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	A. Select and use appropriate padding B. Place padding as needed under the head C. Place padding as needed under torso
3. IMMOBILIZE BODY TO THE LONG SPINE BOARD	<input type="checkbox"/>	A. Strap and secure body to board ensuring spinal immobilization, beginning at shoulder and working toward feet
4. IMMOBILIZE HEAD TO THE LONG SPINE BOARD	<input type="checkbox"/> <input type="checkbox"/>	A. Using head set or place rolled towels on each side of head B. Tape and/or strap head securely to board, ensuring cervical spine immobilization
5. REASSESS	<input type="checkbox"/> <input type="checkbox"/>	*A. Reassess distal circulation, sensation, and motor function

		*B. Assess patient response and level of comfort
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1. SECURE HEAD TO APPROPRIATE IMMOBILIZATION DEVICE	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	A. Immobilize patient to appropriate immobilization device B. Use head set or place rolled blankets or towels on each side of head C. Tape and or strap head securely to appropriate immobilization device
2. REASSESS	<input type="checkbox"/> <input type="checkbox"/>	*A. Reassess distal circulation, sensation, and motor function *B. Assess patient response and level of comfort

**Pat goes in cardiac arrest AED is available
Drop card onto patient where rescue team can
see it.**

CARD No. 1

Pat Is in Cardiac Arrest

Team is to follow the AED skill sheet on manikin to resuscitate.

CARD No. 2

Shockable Rhythm

AUTOMATED EXTERNAL DEFIBRILLATOR

PROCEDURES		CRITICAL SKILL
1. RESCUER 1 - ESTABLISH UNRESPONSIVENESS	<input type="checkbox"/> <input type="checkbox"/>	<p>A. Tap or gently shake shoulders</p> <p>*B. "Are you OK?"</p> <p>Determine unconsciousness</p> <p>C. without compromising cervical spine (neck) injury</p> <p>*D. "Call for help"</p> <p>*E. "Get AED" (Note: If AED is used, follow local protocol)</p>
2. RESCUER 1 - MONITOR PATIENT FOR BREATHING	<input type="checkbox"/>	<p>Look for absence of breathing (no chest rise and fall) or gasping breaths, which are not considered adequate (within 10 seconds)</p>
3. RESCUER 1 - CHECK FOR CAROTID PULSE	<input type="checkbox"/>	<p>A. Correctly locate the carotid pulse - on the side of the rescuer, locate the patients' windpipe with your index and middle fingers and slide your fingers in the groove between the windpipe and the muscle in the neck</p> <p>B. Check for presence of carotid pulse for 5 to 10 seconds</p> <p>*C. Absence of pulse</p>

PATIENT ASSESSMENT

*

PROCEDURES	CRITICAL SKILL	
1. HEAD	<input type="checkbox"/> *A. Check head for DOTS: Deformities, Open wounds, Tenderness and Swelling <input type="checkbox"/> *B. Check and touch the scalp <input type="checkbox"/> *C. Check the face <input type="checkbox"/> *D. Check the ears for bleeding or clear fluids <input type="checkbox"/> *E. Check the eyes for any discoloration, unequal pupils, reaction to light, foreign objects and bleeding <input type="checkbox"/> *F. Check the nose for any bleeding or drainage <input type="checkbox"/> *G. Check the mouth for loose or broken teeth, foreign objects, swelling or injury of tongue, unusual breath odor and discoloration	
2. NECK	<input type="checkbox"/> *A. Check the neck for DOTS <input type="checkbox"/> *B. Inspect for medical ID	
3. CHEST	<input type="checkbox"/> *A. Check chest area for DOTS <input type="checkbox"/> *B. Feel chest for equal breathing movement on both sides <input type="checkbox"/> *C. Feel chest for inward movement in the rib areas during inhalations	
4. ABDOMEN	<input type="checkbox"/> *A. Check abdomen (stomach) for DOTS	
5. PELVIS	<input type="checkbox"/> *A. Check pelvis for DOTS <input type="checkbox"/> *B. Inspect pelvis for injury by touch (Visually inspect and verbally state inspection of crotch and buttocks areas)	
6. LEGS	<div style="display: flex; align-items: center;"> <div style="border-right: 1px solid black; padding-right: 5px; margin-right: 5px;"> L </div> <div style="border-right: 1px solid black; padding-right: 5px; margin-right: 5px;"> R </div> <div> <input type="checkbox"/> *A. Check each leg for DOTS closed fractured left femur, fractured patella right knee. <input type="checkbox"/> B. Inspect legs for injury by touch <input type="checkbox"/> C. Unresponsive: Check legs for paralysis (pinch inner side of leg on calf) <input type="checkbox"/> *D. Responsive: Check legs for motion; places hand on bottom of each foot and states "Can you push against my hand?" <input type="checkbox"/> *E. Check for medical ID bracelet </div> </div>	

7. ARMS	L	R	*A. Check each arm for DOTS 8 inch laceration right arm. B. Inspect arms for injury to touch C. Unresponsive: Check arms for paralysis (pinch inner side of wrist) *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?" *E. Check for medical ID bracelet
	<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"/>	
8. BACK SURFACES	<input type="checkbox"/>		*A. Check back for DOTS

8 inch laceration right arm
DRESSINGS AND BANDAGING - OPEN WOUNDS

PROCEDURES	CRITICAL SKILL	
1. EMERGENCY CARE FOR AN OPEN WOUND	<input type="checkbox"/>	*A. Expose wound
	<input type="checkbox"/>	*B. Prevent further contamination
	<input type="checkbox"/>	*C. Bandage dressing in place after bleeding has been controlled
	<input type="checkbox"/>	*D. Keep patient lying still
2. APPLY DRESSING	<input type="checkbox"/>	A. Use sterile dressing
	<input type="checkbox"/>	B. Cover entire wound
	<input type="checkbox"/>	C. Control bleeding
	<input type="checkbox"/>	D. Do not remove dressing
3. APPLY BANDAGE	<input type="checkbox"/>	*A. Do not bandage too tightly
	<input type="checkbox"/>	*B. Do not bandage too loosely
	<input type="checkbox"/>	*C. Do not leave loose ends
	<input type="checkbox"/>	*D. Cover all edges of dressing
	<input type="checkbox"/>	*E. Do not cover the tips of fingers and toes, unless they are injured
	<input type="checkbox"/>	*F. Bandage from the bottom of the limb to the top (distal to proximal)

Closed fractured left femur and fractured patella right knee

SPLINTING (RIGID OR SOFT) PELVIC GIRDLE, THIGH, KNEE, AND
LOWER LEG

PROCEDURE		CRITICAL SKILL
1. DETERMINE NEED FOR SPLINTING	<input type="checkbox"/> <input type="checkbox"/>	*A. Assess for: <ul style="list-style-type: none"> ▪ Pain ▪ Swelling ▪ Deformity B. Determine if splinting is warranted
2. APPLY MANUAL STABILIZATION	<input type="checkbox"/>	A. Support affected limb and limit movement <ul style="list-style-type: none"> ▪ Do not attempt to reduce dislocations
3. SELECT APPROPRIATE SPLINT	<input type="checkbox"/> <input type="checkbox"/>	A. Select appropriate splinting method depending on position of extremity and materials available B. Select appropriate padding material
4. PREPARE FOR SPLINTING	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	A. Remove or cut away clothing as needed *B. Assess distal circulation, sensation, and motor function C. Cover any open wounds with sterile dressing and bandage D. Measure splint E. Pad around splint for patient comfort

5. SPLINT

- ☐ A. Maintain support while splinting
- Living Splint:
 - ☐ A. Immobilize the site of the injury
 - ☐ B. Carefully place a pillow or folded blanket between the patients knees/legs
 - ☐ C. Bind the legs together with wide straps or cravats
 - ☐ D. Carefully place patient on long spine board
 - ☐ E. Secure the patient to the long spine board (if primary splint)
 - ☐ *F. Reassess distal circulation, sensation, and motor function
- Padded Board Splint:
 - ☐ A. Splint with two long padded splinting boards (one should be long enough to extend from the patient's armpit to beyond the foot. The other should extend from the groin to beyond the foot.) (Lower leg requires boards to extend from knee to below the foot.)
 - ☐ B. Cushion with padding in the armpit and groin and all voids created at the ankle and knee
 - ☐ C. Secure the splinting boards with straps and cravats
 - ☐ D. Carefully place the patient on long spine board
 - ☐ E. Secure the patient to the long spine board (if primary splint)
 - ☐ *F. Reassess distal circulation, sensation, and motor function
- Other Splints:
 - A. Immobilize the site of the injury
 - B. Pad as needed
 - C. Secure to splint distal to proximal
 - D. Carefully place patient on long spine board
 - E. Secure the patient to the long spine board (if primary splint)
 - *F. Reassess distal circulation, sensation, and motor function

6. REASSESS	<input type="checkbox"/>	*A. Assess patient response and level of comfort
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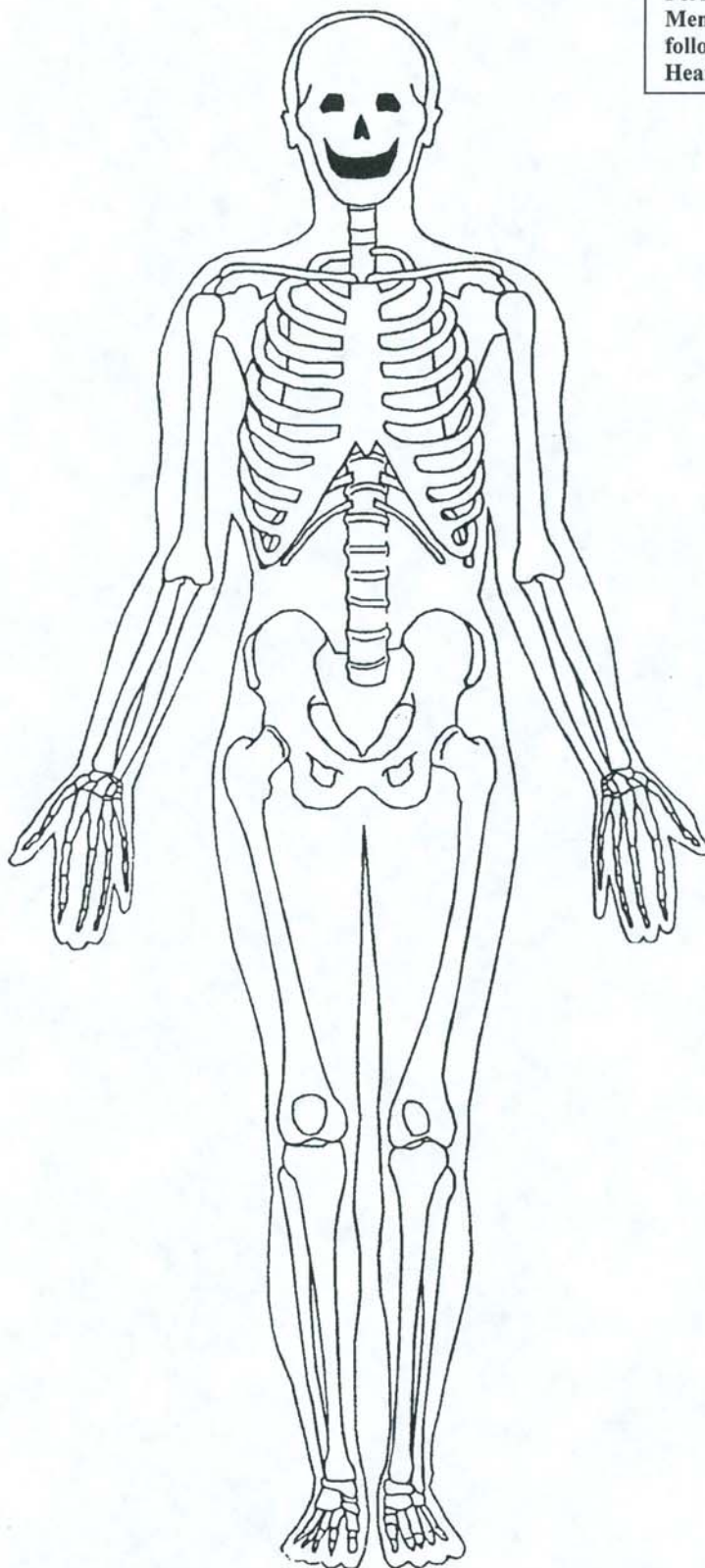
Advise team ambulance has arrived turn patient over to ambulance crew.

PATIENT ASSESSMENT/CONSCIOUS

BYSTANDER

Security Guard

Respirations: 22
Perfusion: 1 Second
Mental Status: Able to
follow commands.
Hearing Impaired(Deaf)



PATIENT ASSESSMENT/UNCONSCIOUS

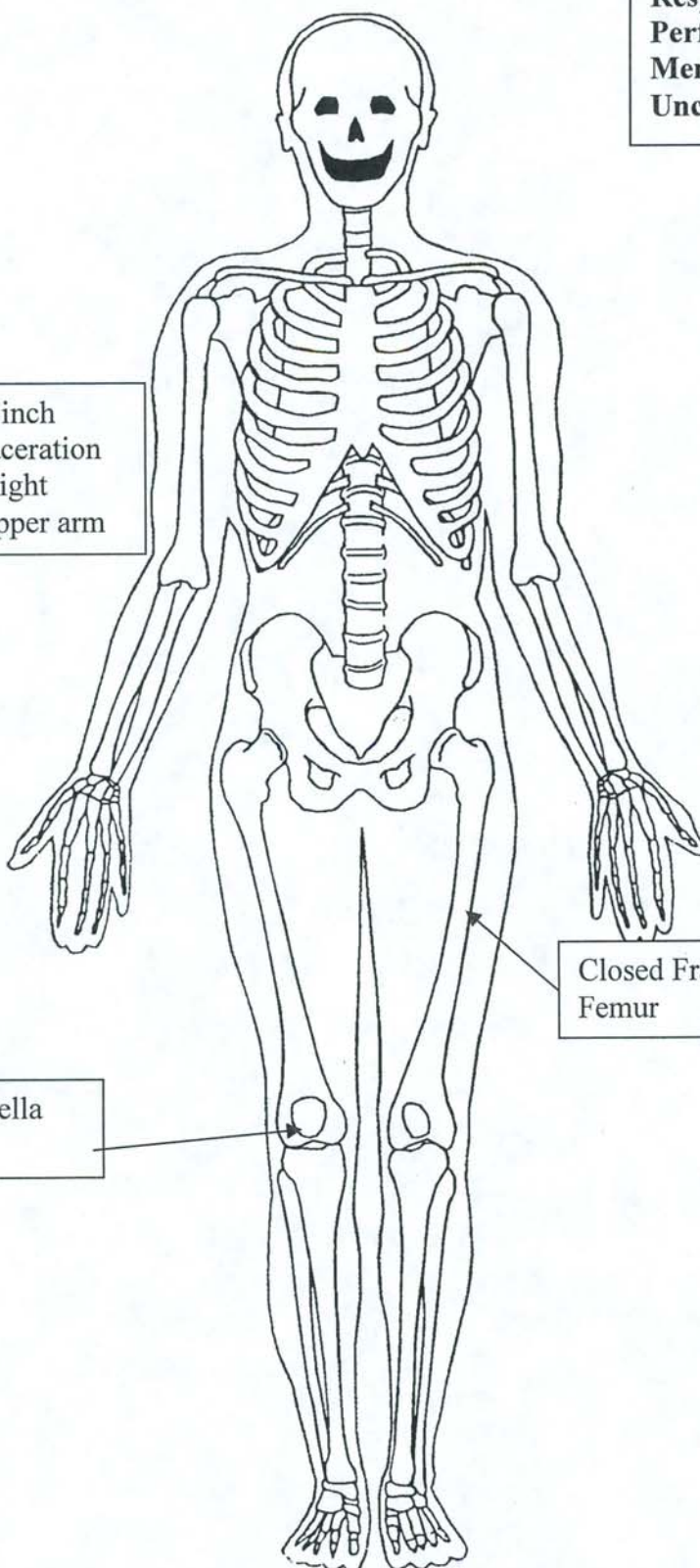
Pat

Respirations: 16
Perfusion: 4 Seconds
Mental Status:
Unconscious

8 inch
laceration
Right
upper arm

Closed Fractured Left
Femur

Fractured Patella
Right Knee



Card No.1

Pat is in Cardiac Arrest
Team is to follow the AED
skill sheet on manikin to
resuscitate.

CARD No. 2

Shockable Rhythm