

## **Joel's Sample Treatment**

### **First Aid - Conscious**

#### **Scene Assessment (30 seconds)**

- *Hi my name is Joel and I'm a lifeguard*
- *I want you to stay still and remain clam while I ensure no dangers and make sure my gloves are on.*
- *What happened? [response]*
- *The mechanism of injury appears to be \_\_\_\_\_.*

#### **Primary Survey (**

- *Starting my primary survey.*
- *Did you fall or hit your head? [response]*
- *What's your name? [Joey]*
- *Ok Joey, Did you 'blackout' at all? [response]*
- *Joey, Do you feel dizzy or confused? [response]*
- *Joey, Where are we right now? [response]*
- *Ok, my patient is clearly alert and oriented and I am ruling out delicate spine.*
- *Do you have anything in your throat or mouth? [response]*
- *Can you take a deep breath for me? [hold ribs]*
- *Do you feel any pain or have any difficulty breathing? [response]*
- *Ok, my patient has a clear airway (no signs of stridor) and effective breathing (no dyspnea) with equal expansion of the chest.*
- *Checking signs of circulation and shock – I feel a strong and regular radial pulse, good cap refill and no cyanosis.*
- *Doing a rapid body survey: are you hurt anywhere else?[response] Do you have any medical conditions? [response]*
- *I don't see any other major injuries or medic alerts.*
- *Done my primary survey*

#### **Treating for shock**

- *Setting up oxygen at 10 lpm*
- *The blanket is already on*
- *Reassuring my patient throughout: you're doing great buddy – it's going to be ok – the ambulance is on the way!*

#### **History**

- *My patient's chief complaint is \_\_\_\_\_*
- *The history is \_\_\_\_\_*
- *Do you have any allergies? [response]*
- *Do you have any medications? [response]*
- *Do you have any medical conditions? [response]*
- *Has anything like this ever happened to you before? [response]*

#### **Vitals (60 seconds)**

- *Starting vitals at time \_\_\_\_\_. This is also my ABC reassessment*
- *Patient is fully conscious and oriented. He has full motor control, eye opening response, and verbal abilities... 15 on the GC Scale.*
- *Timing pulse and respirations for 10 seconds, pulse and respirations are feeling strong & regular. I got 13 beats in 10 seconds or 78 beats per minute. I got 4 inhalations in 15 seconds, or 16 breaths per minute. Correct?*
- *Can you close your eyes tight, and open them wide? Good; Eyes are equal & reactive. Both pupils about 4mm in this light. Correct?*
- *Skin is normal colour, warm, and dry, when compared to mine. Correct?*

### **Head to Toe**

- *What I am going to do now is called a head-to-toe to double-check for other injuries.*
- *Can you move your head in each direction and let me know if anything hurts. Run your hands through your hair, and onto your neck. Find anything?*
- *Shrug your shoulders, then feel down your sternum and along your stomach.*
- *I will check down your spine and back.*
- *Squeeze your hips and thighs. Any pain?*
- *I am just going to compare the circulation in your legs and arms.*
- *Looks good! Don my head-to-toe*

**Assisted Ventilations (10 seconds) – Do assisted vents anytime the patient is clearly not getting enough oxygen. But finish the primary survey and put on oxygen first!**

- *What I am going to do is give you assisted ventilations.*
- *I am putting a pocket mask on your face, and am going to give you a breath every 3 seconds timed to yours.*
- *I will try not to breathe into you when you are breathing out.*
- *This may be strange at first, but it will make you feel better.*

**Pain Assessment (20 seconds) – Do a pain assessment after history for any patient with chest pain or a major fracture.**

- *Where exactly is the pain located? (Can you point to it?)*
- *Can you describe the pain? (sharp, dull, squeezing, etc.)*
- *Does the pain radiate out at all? Where?*
- *How severe is the pain on a scale of 1-10. 10 being the worst pain you have ever felt.*
- *Is the pain constant or does it come and go?*