1. Scene Size-up

1

a. Body Substance Isolation
b. Is my scene safe
c. Mechanism of injury Nature of illness
d. # of patients
e. Call for help
f. Begin Triage

2. Initial Assessment

2

Use a General Impression to Assess the patients Position/Signs/Activity
"Hey, Hey are you okay"
(1) Alert
(2) Verbal stimulus
(3) Painful Stimulus
(4) Unresponsive
TAKE CSPINE
(ABCDEF)
a. Airway assessment
b. Breathing assessment
Look/Listen/Feel
c. Circulation assessment
d. Determine Patient Priority
e. Expose the patient
f. Focused exam

3A. Rapid Focused P. E. and History

(TRAUMA)

3A

a. Rapid focused physical exam (using DCAPBLS-TIC-PMS)
(1) Head
(2) Neck
(3) Chest
(4) Pelvis
(5) Abdomen (TRDG)
Tenderness Rigidity Distension Guarding
(6) Extremities
(7) Back
(8) Baseline vitals

Signs of Trauma (DCAPBLS-TIC-PMS)
(1) Deformities
(2) Contusions
(3) Abrasions
(4) Punctures/Penetrations/Paradoxial Mvmnt
(5) Burns
(6) Lacerations
(8) Swelling
(9) Tenderness
(10) Instability
(11) Crepitus
(12) Pulses
(13) Motor response
(14) Sensory

b. Rapid focused history (SAMPLE)
(1) Signs
(2) Allergies
(3) Medications
(4) Pertinent medical history
(5) Last oral intake
(6) Events leading to illness/injury
Further eval chief complaint (OPQRST)

3B. Rapid Focused P. E. and History

(MEDICAL)

3B

a. Rapid focused physical exam (using DCAPBLS-TIC-PMS)
(1) Head
(2) Neck
(3) Chest
(4) Pelvis
(5) Abdomen (TRDG)
(6) Extremities
(7) Back
(8) Baseline vitals
Evaluate chief complaint (OPQRST)
(1) Onset
(2) Provocation
(3) Quality
(4) Radiation
(5) Severity
(6) Time
b. Rapid focused history (SAMPLE)
(1) Signs
(2) Allergies
(3) Medications
(4) Pertinent medical history
(5) Last oral intake
(6) Event

3C. Detailed physical examination

3C

a. Head
b. Face
c. Ears
d. Eyes
e. Nose
f. Mouth
g. Neck
h. Chest
i. Abdomen
j. Pelvis
k. Extremities
l. Back
m. Reassessment of Baseline vitals

4. Baseline Vitals Signs

4

a. Pulse
b. Ventilations
c. Blood pressure
d. Skin color and temperature
e. Level of consciousness (AVPU)/LOC Level
1. Person
2. Place
3. Time
4. Event
f. Pupil Reaction
g. SAMPLE History
(Reassess vitals every 5 minutes for Trauma every 15 minutes for other)

ON-GOING ASSESSMENT

5

On-Going

1. Repeat initial exam
2. Vital signs
3. Recheck what was found during focused exam
4. Recheck interventions

Acronyms

PCR	Pre-hospital Care Report
PPE	Personal Protective Equipment
LOC	Level of Consciousness
PTSD	Post Traumatic Stress Disorder
OSHA	Occupational Safety and Health Administration
DABDA	Denial Anger Barganing Depression Acceptance
CISD	Critical Incident Stress Debriefing
PEARL	Pupils Equal And React to Light

Shock

Secure the Airway

Heat Conservation in the Body
Oxygenation of RBCs
Core perfusion improved by elevation of legs
Keep the field time short

Compensated – Hypoperfusion/Hypoxia starts – compensated by reduced container constricted blood flow increased respitory rate increased force of heart contractions
Uncompensated – Decreased perfusion of organs – no longer maintains normal BP ext time cells die
Irreversible – Cease to function. Little can be done in field, transport immediately

TYPES: **Hypovolemic**: low volume **Cardiogenic:** pump failure **Psychogenic**: emotional **Septic:** infections **Anaphylactic:** allergic reaction

Roots

ROOT WORDS/MEANINGS	
CARDI	Heart
OSTE	Bone
GASTR	Stomach
NEPHR	Kidney
PHLEB	Vein
TRACHE	Trachea
THORAC	Chest
PREFIXES/MEANINGS	
AMBI	Both, Both Sides
PRE	Before, In Front
HYPO	Under, below
EPI	Upon
INTER	Between
POST	After, Behind
SUFFIXES/MEANINGS	
-ECTOMY	Exicion
-IT IS	Inflammation
CENTESIS	Surgical Puncture
-METER	Instrument to Measure
-SCOPY	Visual Exam
-PARESIS	Partial Paralysis

Abbreviations

ABBREVIATIONS/MEANINGS	
AMI	Acute Myocardial Infarction
ASHD	Ateriosclerotic Heart Disease
BP	Blood Pressure
C	Centigrade
CA	Cancer
CCU	Cardiac Care Unit
CHF	Congestive Heart Failure
COPD	Chronic obstructive Pulminary Disease
CSF	Cerebrospinal Fluid
CVA	Cerebrovascular Accident
DX	Diagnosis
ECG	Electrocardiogram
F	Fahrenheit
FX	Fracture
GI	Gastrointestinal
GM	Gram
ICU	Intensive Care Unit
IV	Intravenous
O2	OXYGEN
RN	REGISTERED NURSE
RX	Treatment
P-	Pulse
R-	Respiration

COMMON DIRECTIONAL TERMINOLOGY

Terms

TORSO	Trunk of the body	The chest is located in the TORSO
MIDLINE	Line vertically down the middle	The nose is located in the MIDLINE
MEDIAL	Toward the midline	The heart is MEDIAL to the right arm
LATERAL	Away from the middle	The ear are located LATERAL to the head
PROXIMAL	Closer to the trunk	The elbow is PROXIMAL to the trunk
DISTAL	Farther from the trunk	The wrist is DISTAL to the elbow
SUPERIOR	Above	The head is SUPERIOR to the shoulders
INFERIOR	Below	The feet are INFERIOR to the knees
MIDAUXILLARY	Line down mid armpit to ankle	Divides body into anterior and posterior
ANTERIOR	Toward the front	The abdomen is located ANTERIOR to the spine
POSTERIOR	Toward the rear	The spinal column is located POSTERIOR to the heart
MIDCLAVICULAR	Line down clavicle to pelvis	The nipples are located in the MIDCLAVICULAR line
BILATERAL	Pertaining to both sides	The patient had BILATERAL wrist deformities
DORSAL	Toward the back	The buttocks are located on the DORSAL side of body
VENTRAL	Toward the front	The abdomen is located on the VENTRAL side of body
PALMAR	Relating to the palm	The patient had a PALMAR wart
PLANTAR	Relating to sole of the foot	The patient had a PLANTAR wart
PRONE	Lying face down	The patient was found PRONE
SUPINE	Lying face up	The patient was found SUPINE
FOWLER position	Sitting up	The patient was placed in the FOWLER position
TRENDELENBURG pos	Feet up, head down	The patient was placed in the TRENDELBERG position
RECOVERY position	On side	
ASPICES	Plural of APEX	The uppermost portion of the liver is the APEX

Nervous System

2 Divisions,
The Central Nervous System (CNS) composed of Brain and Spinal column
Command center of the body Brain = Brain Stem, Cerebellum (big), Cerebrum (little)
The Peripheral Nervous System (PNS) composed of 2 types of nerves, Sensory and Motor
Sensory nerves (carry messages from body to CNS)
Motor nerves (carry messages from CNS to body)
Autonomic nervous system carries out voluntary and involuntary actions
Sympathetic nervous system, speeds up heart rate
Parasympathetic slows down heart rate

INTEGUMENTARY SYSTEM

Largest organ of the body
Protects the body from environment
3 Layers
Epidermis
Dermis
Subcutaneous

Skin

DIGESTIVE SYSTEM

Processes solids and liquids
Transcends oral, thoracic, abdominal, and pelvic cavaties
Food taken into mouth, esophagus, stomach, small intestine, Large intestine, colon, rectum

Digestive system

Endoctrine

Secretes chemicals called hormones from glands into bloodstream
The hormones regulate body activities and functions
Two major hormones are epinephrine(adrenalin) and insulin
Insulin is produced by the pancreas and metabolizes glucose for energy

BODY CAVATIES

Skull Cavity, Thoracic Cavaty
Abdominal Cavity/divided into four quadrants

Cavities

MUSCULAR SYSTEM

Muscles divided into 3 types
Voluntary
Contract/Relax at will
Tendons connect bone to muscle creating pull when the muscle contracts
Striaped
Extension (muscle relaxes)
Flexion (muscle contracts)
Involuntary
Smooth muscles
Cardiac
Found in heart (smooth)

Generates own contraction
Has 3 layers
Epicardium (outer)
Myocardium (mid contracts)
Endocardium (inner)

Muscular System

Respiratory

Mouth, Nose, Oropharynx
Nasopharynx
Pharynx, Epiglottis Larynx, Voca cords
Trachea, Carina
Bronchi, Bronchioles
Alveolus
Lungs 3 lobes right/ 2 left
Diaphragm
Visceral Pleura, lung ext
Parital Pleura, chest wall
Intercostal mucles, between ribs
Ventilation
12-20 adult
15-30 child
25-30/50 infant
Measure – Rate/Rhythm/Quality/Depth
Mediastinum, cavity behind lungs
Tidal Volume = 500ml is normal

SKELETON

CARTLIDGE between bones lubricate and cushion
LIGAMENTS hold bones together
206Bones divided into eight parts

Skeleton

JOINTS
Ball and Socket, Hinged, Pivot, Fused/Sutured
Ellipsoid, Saddle, Plane/Gliding Joints connect bone to bone

SKULL (4 major areas
Frontal Occipital Temporal Parietal

BONES of the FACE (5 major bones)
Nasal 2 Maxilla 2 Zygomatic Mandible Orbit

SPINAL COLUMN
33 bones called vertebrae
7 Cervical, 12 Thoracic, 5 Lumbar, 5 Sacrum, 4 Coccyx

THORAX
12 Ribs attached posteriorly to thoracic vertibre
Of 12 only 10 attached anteriorly to the Sternum
Sternum divided into 3 parts Manubrium, Body, Xiphoid Process

PELVIS
Iliac Crest, Ishium, Pubis

UPPER EXTREMITIES
Shoulder blade (3 parts) Scapula, Acromoin, Clavicle, Humerus, Ulna, Radial
Carpals, Metacarpals, Phalanges

LOWER EXTREMITIES
Femur Hip Joint Patella Tibia Fibula
Ankle (Medial and Lateral Malleolus)
Foot (Tarsals and Metatarsals)

CARDIOVASCULAR

3 components/ Heart, Blood, Blood vessels (Pump, Pipes, Fluid)
Two circuits, Pulmonary (Lungs) and Systemic (Body)
Heart made of 3 layers, **Epicardium, Myocardium, Endocardium**
Pericardium is the thin sack or layer around the heart
Arteries flow away from the heart/Veins flow to the heart
Aorta, Arteries, Arterioles, Capillaries, Venules, Veins Vena Cava S/I
Artery: Aorta, Coranary, Carotid, Femoral, Brachial, Radial, Iliac, Pedis, Tibial,
Veins: Vena cava S/I, Iliac, Femoral, Great saphenous
4 Heart Valves, **Tricuspid, Pulmonary, Mitral, Aortic**
Pulmonary arteries- take waste blood to the lungs
Pulmonary veins- bring O2 rich blood to the heart
Blood composed of plasma and three types of cells
Plasma, suspends the blood cells and nutrients(45% blood fluid)
Red cells (erythrocytes) contain hemoglobin (binds O2 to tissue
White cells (Leukocytes) (fights infection)(5 types)
Platelets (thrombocytes)(clots blood)(damaged red cells)
Adult has 5-6 liters of blood (5000ml) Infants 800 ml, Newborn 300ml
Blood pressure, Adult normal is 120/80 with females normally 10 low
Systolic (left ventricle contracts) high #
Diastolic (left ventricle rests) low #
Perfusion circulation of blood through organ/structure
Heart pumps out of blood/cycles blood in about 1 minute /called Cardiac Output
Radial most used pulse, Carotid easiest to find, check Rhythm, Character, Rate
Rhythm: Intervals between beats, regular/irregular
Character : Full=Strong, Bounding=Extremely Strong, Thready = Weak, Rapid
Pulse Rate: Adult=60–100 / Child=80–100 / Infant=100–140 Newborn=130-140
Tachycardia = high pulse >100 Bradycardia = low pulse <60

Cardio