



CHAPTER 7

SKILL GUIDES

Outdoor Emergency Care: A Patroller's Guide to Medical Care, Sixth Edition

Edward C. McNamara, BS, NRP, David H. Johe, MD and Deborah A. Endly, BA, DH, NREMT

Skill Guide 7-1

Date: _____

(CPI) = Critical Performance Indicator

Candidate: _____

Start Time: _____

End Time: _____

Patient Assessment

Objective: To demonstrate the proper assessment of a patient, to determine a baseline, and to select the appropriate transport method.			
Skill	Max Points	Skill Demo	
Perform a scene size-up.			
The scene size-up is performed by:			
Ensuring scene safety	1		CPI
Introduction of self, obtains permission/treat	1		
Determining mechanism of injury or nature of illness	1		CPI
Taking Standard Precautions	1		CPI
Determining number of patients	1		
Need for additional resources/ need for backboard/extrication	1		
Perform a primary patient assessment.			
The primary patient assessment includes:			
Forming a general impression of the patient	1		CPI
Controlling life-threatening bleeding	1		CPI
Assessing level of LOR	1		
Rapidly assessing airway, breathing, circulation, disability (ABCDs)	1		CPI
Obtaining the chief complaint; and updating dispatch of needs.	1		CPI

Obtain a complete history from the patient. History taking includes using SAMPLE to investigate the chief complaint and OPQRST or DCAP-BTLS to assess pain and other complaints.	1		CPI
Perform a secondary patient assessment. The secondary patient assessment includes performing a physical exam of the patient and assessing vital signs.	1		CPI
Perform a reassessment. The reassessment includes checking the effectiveness of treatment provided, repeating the primary patient assessment and reassessing vital signs, treating changes in the patient's condition, and preparing to hand off the patient to a higher level of care.	1		
Must receive 12 out of 14 points.			

Comments: _____

Failure of any of the CPIs is an automatic failure.

Evaluator: _____ NSP ID: _____

PASS FAIL

Skill Guide 7-2

Date: _____

(CPI) = Critical Performance Indicator

Candidate: _____

Start Time: _____

End Time: _____

Assessing Pupils

Objective: To demonstrate the proper assessment of pupils.			
Skill	Max Points	Skill Demo	
Criteria met: Determines the Scene is Safe, Initiates Standard Precautions, Introduces Self & Obtains Permission to treat/help	-	-	
Tell the patient to stare at your nose or the center of your forehead. Look at the pupils. Are they the same size? If not, the pupils are said to be asymmetrical.	1		CPI
Moving from the lateral side of the patient's face, briefly shine the light into the patient's left pupil. Note the reaction of both pupils to the light. Both should get smaller, or constrict, when the light is shined into the left pupil. Move the light away from the left eye. Repeat this by shining light into right eye. You should get the same response with the right eye; that is, both pupils should constrict.	1		CPI
Must receive 3 out of 3 points.			

Comments: _____

Failure of any of the CPIs is an automatic failure.

Evaluator: _____ NSP ID: _____

PASS FAIL

Skill Guide 7-3

Date: _____

(CPI) = Critical Performance Indicator

Candidate: _____

Start Time: _____

End Time: _____

Assessing Eye Movement

Objective: To demonstrate the proper assessment of pupils.			
Skill	Max Points	Skill Demo	
Criteria met: Determines the Scene is Safe, Initiates Standard Precautions, Introduces Self & Obtains Permission to treat/help	-	-	
Ask the patient to stare at your nose or center of your forehead.	1		CPI
Hold up your index finger approximately 6 to 8 inches away from the patient's face. Instruct the patient to follow the tip of your finger with his or her eyes without moving his or her head.	1		CPI
Slowly move your index finger from the center to the right, then back to center, then over to the left, and then back to the center. Next, slowly move your finger from the center upward, then downward past center, and then back up to the center. Finally, slowly move your finger toward you a few inches and then toward the patient's nose. Throughout this step, the patient's eyes should follow your finger and move in sync with one another.	1		CPI
Must receive 2 out of 3 points.			

Comments: _____

Failure of any of the CPIs is an automatic failure.

Evaluator: _____ NSP ID: _____

PASS FAIL

Skill Guide 7-4

Date: _____

(CPI) = Critical Performance Indicator

Candidate: _____

Start Time: _____

End Time: _____

Assessing Pulse

Objective: To demonstrate the ability to assess pulse.			
Skill	Max Points	Skill Demo	
Criteria met: Determines the Scene is Safe, Initiates Standard Precautions, Introduces Self & Obtains Permission to treat/help	-	-	
Locate the radial pulse on a responsive adult and assess the pulse rate and quality.	1		(CPI)
Locate the carotid pulse on an unresponsive adult and assess the pulse rate and quality.	1		(CPI)
Locate the brachial pulse on an infant and assess the pulse rate and quality.	1		(CPI)
Must receive 2 out of 3 points			

Comments: _____

Failure of any of the CPIs is an automatic failure.

Evaluator: _____ NSP ID: _____

PASS FAIL

Skill Guide 7-5

Date: _____

(CPI) = Critical Performance Indicator

Candidate: _____

Start Time: _____

End Time: _____

Assessing Respiratory Rate

Objective: Demonstrate how to assess the patient's respiratory rate.			
Skill	Max Points	Skill Demo	
Criteria met: Determines the Scene is Safe, Initiates Standard Precautions, Introduces Self & Obtains Permission to treat/help	-	-	
Look and feel for the patient's chest to rise and fall.	1		
Assess the patient's breathing for rhythm, depth, effort, and noise to determine if the patient is breathing within normal limits.	1		(CPI)
Must receive 1 out of 2 points.			

Comments: _____

Failure of any of the CPIs is an automatic failure.

Evaluator: _____ NSP ID: _____

PASS FAIL

Skill Guide 7-6

Date: _____

(CPI) = Critical Performance Indicator

Candidate: _____

Start Time: _____

End Time: _____

Obtaining a Blood Pressure Reading

Objective: Demonstrate how to obtain a blood pressure reading.			
Skill	Max Points	Skill Demo	
Criteria met: Determines the Scene is Safe, Initiates Standard Precautions, Introduces Self & Obtains Permission to treat/help	-	-	
Ensure that you have the correct size cuff. (Size options include regular, large adult, and pediatric.)	1		(CPI)
Unscrew the thumbscrew valve on the flexible bulb and deflate the bladder of the cuff. Place the cuff on the patient's upper arm with the cuff 1 to 2 inches above the crease of the elbow. The arrow on the cuff should point to the brachial artery, which is located on the medial side of the arm at the crease of the elbow. The cuff should be placed directly on the patient's skin because you will get a false reading if the cuff is placed over bulky clothing. The cuff should be snug, but not too tight.	1		
Place the sphygmomanometer in a location that is easy for you to read without having to hold it. Place the ear tips of the stethoscope in your ears. The tips should point forward.	1		
Palpate the pulse of the brachial artery below the cuff at the crease of the elbow and then place the diaphragm of the stethoscope over the pulse point. (You will not hear a pulse at this time.) Hold the stethoscope in place lightly on the skin as you measure the pressure.	1		
Using your other hand, tighten the thumbscrew valve on the sphygmomanometer and inflate the cuff by repeatedly pumping the flexible bulb. Inflate the cuff to a pressure of 160 mm Hg. If you can hear the pulse sound at this pressure, inflate the cuff to 200 mm Hg. If you still can hear the heartbeat, inflate the cuff in increments of 20 mm Hg until you can no longer hear the pulse sound.	1		
Gently open the thumbscrew valve and slowly release the air from the cuff. As you slowly release the air, listen for the first pulse sound (first "thump"). The reading on the dial at the time of this sound is the systolic blood pressure.	1		(CPI)

Continue to slowly release the air from the cuff. The sound will become very soft and will eventually disappear. The reading on the dial when the sound disappears is the diastolic blood pressure.	1		(CPI)
Must receive 5 out of 7 points.			

Comments: _____

Failure of any of the CPIs is an automatic failure.

Evaluator: _____ NSP ID: _____

PASS FAIL