Learning Outcomes

• Identify basic patient management techniques
• Check for danger and use PPE
• Identify the principles of basic first aid management
• Perform a basic emergency care management assessment
• Identify methods of checking vital signs
• Demonstrate a secondary body check procedure
• Recognise and manage a range of injuries and illnesses
• Maintain effective documentation
• Maintain and replace first aid equipment
• Refer to further medical treatment
Aims

- Provide reassurance and comfort
- Prevent deterioration and relieve pain
- Preserve life
- Protect the unconscious
- Promote recovery
Legal issues

- Consent
- Duty of care
- Negligence
- Protection against litigation
- Patient privacy
Documentation

- Accurate
- Factual
- Legible
- Written in ink
  - draw a line through any mistakes
- Signed
- Stored according to SOPs
Principles of patient management

• Be honest
• Let patient know that you have called for help
• Stay with the patient
• Try to make the patient comfortable with minimal amount of movement
• Introduce yourself, ask the patient their name, and use their name
• Act confidently
• Respond to the patient in a culturally aware, sensitive and respectful manner
• Refer to appropriate care
# Vital signs

## ONLY for obviously alive patients

<table>
<thead>
<tr>
<th></th>
<th>NORMAL</th>
<th>ABNORMAL</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Pulse</strong></td>
<td>60-100 beats per minute</td>
<td>&lt;60 or &gt;100 beats per minute</td>
</tr>
<tr>
<td><strong>Breathing</strong></td>
<td>12-20 breaths per minute</td>
<td>&lt;12 or &gt;20 breaths per minute</td>
</tr>
<tr>
<td><strong>Skin (colour and temperature)</strong></td>
<td>Warm and pink</td>
<td>Cool or hot, pale, moist, flushed/red, blue/cyanosed, excessive sweating</td>
</tr>
<tr>
<td><strong>Conscious state</strong></td>
<td>Alert and conscious</td>
<td>Drowsy or unconscious</td>
</tr>
</tbody>
</table>
Information for planning treatment

**Signs and symptoms**

**Allergies**

**Medication**

**Previous medical history (e.g. Medic Alert bracelet or necklace)**

**Last oral intake**

**Event (what happened)**
Body check

Look, listen, feel and smell

1. Neck, up and over the head and down across the face

2. Shoulders and front of chest, abdomen and pelvis, ribs

3. Front and back of upper limbs

4. Front and back of lower limbs

5. Back (if possible – don’t move the patient unnecessarily)
Bleeding

- Severe external
- Minor cuts and abrasions
- Nose bleeds
- Needle-stick injury
Shock

Symptoms and signs:

• Faintness
• Breathlessness
• Nausea
• Reduced level of consciousness
• Rapid or shallow breathing
• Pale, cold, clammy skin
• Rapid, weak pulse
• Confusion
Breathing/Respiratory Emergencies

• Drowning

• Asthma

• Anaphylaxis
Heart/Cardiovascular Emergencies

Chest pain or heart attack
• Conscious patient

Cardiac arrest
• Unconscious, not breathing patient
• DRSABCD as required
Stroke

Signs and symptoms:

**FAST**
- Facial drooping
- Arm weakness
- Speech difficulties
- Time, call and ambulance immediately
Altered consciousness

- DRSABCD as required
- Manage any injuries appropriately
- Assess the scene for likely cause of altered consciousness
- Do not leave patient
Fainting

- Conscious patients

- Unconscious patients
Spinal injuries (More in Chapter 9)

• In water

• Walk-up
Temperature – related illnesses

Hypothermia

- Mild
- Moderate/Severe

Heat stroke

Heat exhaustion
Burns

Non-chemical

Chemical

Sunburn
Hard-tissue injuries

Fractures

Dislocations
Soft-tissue injury

Strain: muscular
• Pain, swelling, discolouration

Sprain: ligaments
• Pain, swelling, discolouration
• Loss of weight-bearing ability

Treatment
• RICER
• Do no HARM
Cramp

In-water

• Tread water/float
• stretch gently
• Signal for help

On land

• Stretch gently
• Drink fluid
  • warm for cold weather
  • cold for hot weather
Marine envenomation

DRSABCD as required

Reassure the patient

Non-tropical

• Hot/warm water or ice as available
• If neither is available, spray with sea-water

Tropical

• Vinegar for 30 seconds
Pressure Immobilisation Technique

Slows the absorption of venom from a bite

Only to be used for:

• Australian venomous snakes, including sea snakes
• Funnel-web spider
• Blue-ringed octopus
• Cone shell
Learning Activities

First Aid Learning Questions:

• Please complete Learning Activity Question Thirteen in your Assessment Portfolio, page 13

• Please complete Learning Activity Question Fourteen in your Assessment Portfolio, page 14