

Wilderness & Remote First Aid

Acronyms & Mnemonics

(In Alphabetical Order)

- **ABCDEs** (initial patient assessment for life threatening issues...monitoring vital signs)
Airway...check **airway**
Breathing...assess **breathing**
Circulation...assess **circulation**
Disability...look for **disability** due to damage to the patient's spinal cord, hold head in place
Environment...assess threat of the **environment** & **expose** any injuries
- **AMS** **A**cute **M**ountain **S**ickness commonly occurs above 6500' to 8000' (see HACE & HAPE)
- **AVPU** (Level Of Response {LOR} aka Level Of Consciousness {LOC})
Awareness (Four levels)
A+Ox4 = knows who (name), where (current location), when (day) & what happened
A+Ox3 = knows who, where & when
A+Ox2 = knows who & where
A+Ox1 = knows who
Verbal...responds to verbal stimulus
Pain...responds to painful stimulus (i.e. pinch) only
Unresponsive...no response at all
- **BEAM Technique** ... **B**ody **E**lev**A**tion & **M**ovement Technique (safe way to move patients a short distance when other responders are available)
- **BSI** ... **B**ody **S**ubstance **I**solation (standard precautions used to prevent disease transmission...i.e. gloves, CPR breathing barrier, disposal of bloodborne pathogens)
- **The 3 CCCs/Check-Call-Care** (initial victim/patient assessment when approaching the scene of an accident)
Check the scene first, then **Check** the victim
Call 911 emergency services
Care for the victim/patient

- **CSM** (check symptoms to help determine whether an evacuation is necessary)
Circulation...check patient's pulse away from the injury
Sensation...check each body part for pain & sensation; do not touch, if pain is present
Movement...start with small movements & progress to larger ones, do not ask the patient to move if head, neck or back injuries are suspected
- **DOTS** (used when doing a focused assessment of a patient...*aka* palpating the patient)
Deformities, such as depressions or indentations
Open Injuries, such as penetrating wounds or cuts & scrapes
Tenderness from touch, common with burns, wound & infection
Swelling anywhere
- **FAST** (assessing a victim of a STROKE)
Face...drooping or weakness in muscles on one side of the face
Arm...weakness or numbness in one arm; have victim raise both limbs
Speech...slurred speech or having trouble getting words out-have victim raise both arms
Time...note time signals first observed & **call 911**
- **FOAM** the patient should be **Free Of Any Movement** on the litter
- **HACE** **High Altitude Cerebral Edema...fluid accumulates in the brain...can result in dh , if untreated...descend at least 1000' to 1500' ASAP**
- **H.A.IN.E.S.** **High Arm IN Endangered Spine...rescue position for suspected spinal injuries, or if you have to leave the patient**
- **HAPE** **High Altitude Pulmonary Edema...fluid collects in the air spaces of the lungs...can affect breathing & lead to death...descend at least 1000' to 1500' ASAP**
- **HR** **Hear Rate** (normal rate 50 to 100 beats per minute)
- **LOR** **Level Of Response** (aka **LOC** Level Of Consciousness)...see AVPU
- **MOI** **Mechanism Of Injury**...what caused the accident/injury?

- **RR Respiratory Rate** (normal rate 12 to 20 breaths per minute...unlabored)
- **RICE** (treating injuries)
 - R**est the injured area
 - I**mmobilize the injured area
 - C**old...apply cold to the injured area
 - E**levate the injured area above the heart level, except for serious injuries to the limbs)
- **SAM Splint** (**SAM** = **S**tructural **A**luminum **M**alleable) uses strips of aluminum to reinforce polyethylene foam padded splints (lightweight...can be washed & reused)
- **SAMPLE** (focused patient assessment/medical history)
 - S**igns & **S**ymptoms...what hurts? What happened?
 - A**llergies...any known allergies or allergic reactions?
 - M**edications...any OTC or prescription medications? What for? Last taken?
 - P**ertinent **P**ast **m**edical **h**istory...any medical conditions? Under a doctor's care?
 - L**ast **i**ntake & **o**utput...last food or drink taken? last time urinating/defecating?
 - E**vents leading up to the illness or injury...what happened? Why & when did it happen?
- **SCTM** (checking & caring for SHOCK)
 - S**kin **C**olor *should be* pink in non-pigmented areas
 - T**emperature *should be* warm
 - M**oisture - skin *should be* dry to the touch
- **SOAP** (recording information about the patient's condition for medical & legal reasons)
 - S** = finding out **s**ubjective information about the patient (patient's complaints, sample history)
 - O** = obtaining **o**bjective information about the patient (exam results, vital signs)
 - A** = **a**ssessing the patient & the situation (based on the situation, what do you think is wrong?)
 - P** = **p**lanning your course of care (type of care, stay or evacuate{fast or slow}, monitor changes)
- **TBSA Total Body Surface Area**...(assessing burn victims) percent of total body surface area covered by a burn (see Rule of Palmer Surface/Rule of Nines)
- **"umbles"** (signs of mild to moderate hypothermia)..."fumbles", "grumbles", "mumbles" & "stumbles"