WFR - PATIENT ASSESSMENT

1. OPEN A CAN OF CALM

2. SCENE SIZE-UP
   1. I'm Number One (Scene Safety)
   2. What Happened to You?
   3. None on Me (BSI / Gloves)
   4. Any More?
   5. How Alive?

3. LIFE THREATS - ABCDE (INITIAL ASSESSMENT)
   - Identify Self
   - Get Permission to Help [ASK: “I've got some first aid training, can I help?”]
   - Airway - look in mouth
   - Breathing - two breaths, expose chest injuries
   - Circulation - assess pulse - do a blood sweep - control life-threatening injuries
   - Expose Injured Areas - treat life threatening injuries

4. HEAD TO TOE (SECONDARY ASSESSMENT)
   - Complete head to toe assessment: look, listen, and feel / CHECK BACK & CSMs!

5. VITAL SIGNS (Qualifiers Below the Table)

6. PATIENT HISTORY - CHIEF COMPLAINT [CC]
   
   ASK: Where does it hurt the most?

   Patient Name: _____________________ Age _____ Sex (M/F)____

   - Onset: How fast did this pain come on?
   - Provokes: What makes pain worse / better?
   - Quality: What words describe the pain?
   - Radiates/Region: Where is the pain? Is it distracting from other areas of pain?
   - Severity: (Find their ten for pain) How does this rate on a scale of 1-10?
   - Time: How long has this been going on?

7. PATIENT HISTORY - MOI/HPI [SAMPLE]


   Medications: Over the Counter? Prescriptions? Alcohol / Drugs? Herbal? Any ED meds?

   Pertinent Medical History: Diabetes? Asthma? Seizures? Heart Issues?

   Last Intake/Output (quality and quantity) Food? Water? 1 & 2 (color/odor) Vomiting?

   Events Leading Up to Incident? (Relevant to Cause of MOI)

8. FOCUSED SPINE ASSESSMENT (FSA) - (WITH MOI & WITHOUT S/S of SPINE INJURY)

   NA+Ox3 or 4 | SOBER | NOT DISTRACTED | NORMAL CSMs | PALPATE SPINE

   All 4 Extremities

   If ALL criteria are met, and patient agrees, OK to release spine. Ask patient that if they later have tingling/numbness in extremities or head pain to let you know.

9. MAKE EVACUATION DECISION

10. MONITOR YOUR PATIENT IF STAYING PUT (keep checking vitals and CSMs)

ABOUT:
The infosheet was created for personal use while completing several NOLS Wilderness Medicine WFR courses. It is offered freely to WFR students & WFRs who might need some additional help after opening that “can of calm.”

This is not intended to be a substitute for professional training - get WFR certified. Send any suggestions or corrections to mark@letsgoexploring.com.

LOR = Awake & Oriented A+Ox4 = Person, Place, Time, Event.
V=Unresponsive Verbal / P =Unresponsive Pain / U=Unresponsive
HR = Rythm: regular/irregular. Quality: strong/weak/bounding
RR = Rythm: regular/irregular. Effort easy/shallow/labored/deep
SCTM = Color/Temp/Moisture: pink/pale/ashen, warm/cool, dry/moist
BP = if no cuff palpate pulse, if detected write, “strong radial pulse”
P = PERRL Equal, round and reactive to light

Levels of Resp. (LOR)
Heart Rate (HR)
Respiratory Rate (RR)
Skin (SCTM)
Blood Pressure (BP)
Pupils (P)
Temperature (T)