

First Aid Mnemonics

General first aid mnemonics

> DR ABC (primary survey)

Danger

Response

Airway,

Breathing

Circulation/Compressions/Call an ambulance

> HEAD (general methodology)

History

Examination

Action

Documentation

> CHAT (general methodology)

Chief complaint

History

Allergies

Treatment

Major incident

> METHANE

Major incident declared

Exact location

Type of incident

Hazards (present and future)

Access

Number, type, severity of casualties
Emergency services now present and those required

> **CHALETS**

Casualties, number, type, severity
Hazards (present and future)
Access routes that are safe to use
Location
Emergency services present and required
Type of incident
Safety

History taking

> **SAMPLE** (questions to ask casualties)

Signs & symptoms
Allergies
Medication
Previous relevant medical history
Last oral intake
Event history

> **PQRST-U** (assessing pain)

Provoke - what provokes the pain?
Quality - what is the pain like? Sharp? Dull? Ache?
Radiates - does the pain go anywhere else?
Severity - how bad is the pain on a scale of 0 - 10.
Time - when did the pain start/finish.

U - what do you think about the pain? Is this normal for you? Have you had this before?

> **SOCRATES** (assessing pain)

Site - where is the pain?
Onset - when did the pain begin?

Character - Sharp? Dull? Ache?

Radiation - does the pain go anywhere?

Associated symptoms - any other symptoms? e.g: Nausea & Vomiting

Timing - when did the pain begin?

Exacerbating and relieving factors - anything make it better or worse?

Severity - how bad is the pain on a scale of 0 - 10

Fractures

> **PLASTIC** (signs & symptoms of a fracture)

Pain

Loss of movement

Angulation

Swelling

Tenderness

Irregularity

Crepitus

> **LIP DUST** (signs & symptoms of a fracture)

Loss of movement

Irregularity

Pain

Deformity

Unnatural movement

Swelling

Tenderness

Major bleeding and shock

> **PEEP** (treatment of major bleeding)

Position

Expose

Elevation

Pressure

> **RED-E** (treatment of major bleeding)

Rest

Expose

Direct Pressure

Elevation

> **CLIP GG's** (types of wound)

Contusion

Laceration

Incision

Puncture

Gunshot

Graze

Stab

Causes of unconsciousness

> **FISH SHAPED**

Fainting

Infantile convulsions

Shock

Head Injury

Stroke

Heart Attack

Asphyxia

Poisons

Epilepsy

Diabetes

Sprains & strains

> **RICE** (treatment of a sprain or strain)

Rest

Ice

Comfortable position / compression

Elevation

Levels of consciousness

> **AVPU** (assessment of level of consciousness)

Alert

Voice - does the casualty respond to verbal commands?

Pain - does the casualty respond to a pain stimulus?

Unresponsive

Handovers

> **ASHICE** (handover of a casualty - normally done over the radio / phone)

Age

Sex

History

Injuries

Consciousness level/changes

Everything else / ETA

> **ATMIST** (handover of a trauma casualty)

Age

Time of incident

Mechanism of injury

Injuries (top to toe)

Signs (vital signs)

Treatment given

> **SBAR** (handover of any critical situation)

Situation

Background

Assessment

Recommendations

Secondary survey

> **DOTS** (things to look for on a secondary survey)

Deformity

Open wounds

Tenderness

Swelling

Burns

> **SCALD** (assessment of a burn)

Size

Cause

Age

Location

Depth

Sports first aid / injuries

> **SALTAPS** (assessment of the injured player)

Stop

Ask - questions about the injury

Look - at the injury

Touch - feel for tenderness

Active movement

Passive movement

Stand - can they weight bear?