



# Wilderness Resources

*Welcome to Soteria Training Services!*

*Here are some resources to help you learn about Wilderness, we are not asking you to purchase anything!*

## Useful Information:

- [PEB: Pebbell](#) Personal tracking device
- [SAM Splint Reference Guide & More](#)
  - [C Collar splint](#)
  - [Figure 8 splint](#)
  - [Dislocated Elbow splint](#)
  - [Knee Immobilizer](#)
  - [Israeli Bandage Demonstration](#)
  - [SWAT T. Application](#)
  - [Stop the Bleed Tourniquet](#)
- [Wilderness First Aid Kit content – Boreal River Rescue](#)

## Interesting Articles:

- [History of Deaths in Yellowstone](#)
- [Surviving Everest](#)

## Books about Wilderness:

- [Accidents in North American Climbing 2019](#)
- [Be Expert with Map & Compass](#)
- [Essential Wilderness Navigator: Find Your Way](#)
- [Land Navigation Routefinding with Map & Compass](#)
- [Staying Found](#) when working with children

First Aid App



PET First Aid App

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# Acronyms & Mnemonics

In Alphabetical Order

- ABCDE: Airway, Breathing, Circulation, Disability, Environment
- AED: Automated External Defibrillator – Portable device used to help those experiencing cardiac arrest.
- AMS: Acute Mountain Sickness commonly occurs above 6500' to 8000' (see HACE & HAPE)
- AVPU: To Assess Level of Response/Consciousness  
Alert (Four levels) – Able to answer orientation questions.
  - 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 stimuli, such as grimacing or rolling away.  
Pain - Responds to painful stimuli, such as a pinch.  
Unresponsive to any stimuli - no response at all
- BEAM: Body Elevation and Movement Technique (safe way to move patients a short distance when other responders are available.)
- BSI: Body Substance Isolation (standard precautions used to prevent disease transmission...i.e. gloves, mask, CPR breathing barrier, disposal of contaminated dressings...)
- Check-Call-Care: The 3 CCCs when approaching the scene.
  - Check the scene first, then Check the injured
  - Call 911 emergency services or Ranger station or...
  - Care for the injured
- CPR: Cardiopulmonary resuscitation – an emergency technique which uses quality chest compressions in an effort to manually circulate blood flow to maintain brain function.

- CSM: (check symptoms to help determine whether an evacuation is necessary) used before and after any movement of the person. If an injury is present, check beyond the site of injury.
  - 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 by palpation)
  - Deformities, such as depressions or indentations
  - Open Injuries, such as penetrating wounds, 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. Use adequate amount of padding and straps.
  
- HACE: High Altitude Cerebral Edema...fluid accumulates in the brain...can result in death if untreated...descend at least 1000' to 1500' fast.
  
- 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' fast.
  
- HR: Heart Rate, normal rate 60 to 100 beats per minute
  
- LOC: Level of Consciousness, *see also AVPU*

- MOI: Mechanism of Injury...what caused the accident/injury?
- MRSA: Methicillin-Resistant Staphylococcus Aureus – Presents as skin boils or abscesses, beware of group contamination. In serious “staph” infection cases, evacuate immediately, GO FAST.
- NOI: Nature of Illness...what illness (unknown or chronic) might be causing an issue?
- PCC: National Poison Control Center – Help 1-800-222-1222
- RR: Respiratory Rate, normal rate 12 to 20 breaths per minute
  - RICE: usable when treating bone & joint injuries
  - Immobilize the injured area
  - Cold...apply cold to the injured area
  - Elevate the injured area above the heart level, except for serious injuries to the limbs
- SAM: Splint (SAM=Structural Aluminum Malleable) uses lightweight strips of aluminum to reinforce polyethylene foam padded splints
- SAMPLE: (focused patient assessment/medical history)
  - Signs & Symptoms...what hurts? What happened?
  - Allergies...any known allergies or allergic reactions?
  - Medications...any OTC or prescription medications? What for? Last taken?
  - Pertinent Past medical history...any medical conditions? Under a doctor's care? Last intake & output...last food or drink taken? last time urinating/defecating?
  - Events leading up to the illness or injury...what happened? Why & when did it happen?
- SCTM: (checking & caring for SHOCK)
  - Skin Color should be pink in non-pigmented areas
  - Temperature should be warm
  - Moisture-skin should be dry to the touch

- SOAP: (recording information about the patient's condition for medical & legal reasons)
  - Subjective: finding information about the patient (patient's complaints, sample history – What they tell you.)
  - Objective: obtaining information about the patient that through the SAMPLE history (exam results, vital signs)
  - Assessing: the patient & the situation (based on the situation, what do you think is wrong?)
  - Planning: your course of care (type of care provided, stay or evacuate {fast or slow}, monitor changes)
- TBSA Total Body Surface Area... (assessing burn victims by using their palm size) percent of total body surface area covered by a burn (also called Rule of Palmer Surface/Rule of Nines)
- "umbles": (signs of mild to moderate hypothermia) ..."fumbles", "grumbles", "mumbles"& "stumbles"

