



Emergency Medical Responder (EMR) Resources

Welcome to Soteria Training Services!

Here are some resources to help you learn [about EMR!](#)

Good to Know:

- California Code of Regulations, About [Title 22](#)
- [National Registry](#) to view EMR guidelines and skill sheets (EMT Psychomotor Exam)
- [Psychological First Aid Tutorial](#) to Assist Healthcare Professional
- FEMA Emergency Management Institute ICS & IMS Courses, [free training](#)
- U.S. Forest Services – [Incident Information System](#)
- First aid kit sample - [Ready Project Pro First Aid Kit](#)
- [Rapid Rescue](#) Spanish spiral booklet
- Pediatric Pain Assessment – [Wong-Baker Faces](#)
- Shelter in Place – [ready.gov](#)

Instructional Info:

- [NREMT PT Assessment 2014 - Medical](#)
- [NREMT PT Assessment – Trauma](#)

Practical Apps:



NSC EMR Guide



ARC First Aid



ARC Pet First Aid



Psychological
First Aid

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Instructional Videos:

- Automated External Defibrillators (AEDs) Uses
 - Philips [Heartstart FRx AED](#)
 - [Philips OnSite](#) Heartstart AED
 - [Zoll AED Plus](#)
- SAM Splint [Reference Guide & More](#)
 - [C Collar splint](#)
 - [Figure 8 splint](#)
 - [Dislocated Elbow splint](#)
 - [Knee Immobilizer](#)
- National Registry EMT Practical Videos same as EMR
 - [Bleeding Control/Shock Management](#)
 - [Cardiac Arrest Management](#)
 - [Medical Patient Assessment](#)
 - [Trauma Patient Assessment](#)
 - [Spinal Immobilization Supine Patient](#)
 - [More Skills...](#)

Nice to Know

N11 code Public Safety #s

- 211 access to local community services
- 311 non-emergency police and other Governmental services
- 411 directory assistance
- 511 Dept of Transportation services/ Traffic info
- 611 telephone company customer service
- 711 Telecommunications Relay Serv. (hearing/speech impairment)
- 811 Call before you dig (utility/pipeline locator)
- 911 Emergency services

Acronyms, Mnemonics & Vocab.

In Alphabetical Order

FYI These are cumulative Resources from several sources, not necessarily in your manuals.

- ABCDE: Airway, Breathing, Circulation, Disability, Environment
- AED: Automated External Defibrillator – Portable device used to help those experiencing cardiac arrest.
- AMA: Against Medical Advice
- 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
- Bariatric: Describes a person suffering from obesity. Also used to define equipment of larger size...i.e. stretcher, wheelchair...
- BEAM: Body Elevation and Movement Technique (safe way to move patients a short distance when other responders are available.)
- B NICE: Acronym for the 5 main types of terrorist weapons: biological contamination, nuclear detonation, incendiary fires, toxic chemical release, and conventional explosions.

- 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
- DCAP-BTLS: Mnemonic to help remember the signs to look for during a physical exam in the secondary assessment.
 - Deformities
 - Contusions
 - Abrasions
 - Punctures/penetrations
 - Burns
 - Tenderness
 - Lacerations
 - Swelling
- DNR: Do Not Resuscitate
- 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.

- HIPAA: Health Insurance Portability and Accountability Act...Privacy Rule was the first comprehensive federal protection for the privacy of protected health information (PHI).

- HR: Heart Rate, normal rate 60 to 100 beats per minute

- ICE: In Case of Emergency

- IFAK: Individual First Aid Kit / Personal blow out kit / Jump Bag – Trauma kit containing life-saving materials for wound care.

- 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?
- OPIM: Other Potential Infectious Materials
- OPQRST: Mnemonic used to assess information about Pain.
 - Onset: Doing what when pain started? Was onset abrupt or gradual?
 - Provoke/palliation: What makes it worse? Better?
 - Quality: pain is blunt, sharp, burning, crushing, tearing...
 - Region/radiate: In what area? where does it move to/spread?
 - Severity: Pain level on a scale 1 to 10
 - Time: How long ago did it start? Has it changed?
- OSHA: Occupational Safety and Health Administration...Federal agency whose role is to promote the safety and health of American workers by setting and enforcing standards; providing training; outreach and education; establishing partnerships; and encouraging continual process improvement in workplace safety and health.
- PCC: National Poison Control Center – Help 1-800-222-1222
- POLST: Physician Orders for Life-Sustaining Treatment
- PT: Patient *abbrev.*
- 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

- SALT: Sort Assess Lifesaving Interventions. Mass Casualty Triage meant for all patients involved, even special populations & Children. Sorts in 3 priorities: 1 Still/obvious life threat; 2 Waving/purposeful movement; 3 Walking.
- 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"
- WMD: Weapons of Mass Destruction.

References provided by:

American Red Cross Emergency Medical Response Textbook, 2017 ed. The StayWell Company, LLC, USA, 2017.

American Red Cross Wilderness and Remote First Aid Reference Guide, 2014 ed. StayWell, Yardley, PA, USA, 2014.

