

Vital-Recall EMT Dual Pack Pocket Sheets

EMT PT Assessment Pocket Sheet

EMT B Pocket Guide Sheet

? What is / are the Chief Complaint or Apparent Life-threats?

*Why did you call us today?
Is there a chance that you have fallen today?*

L.O.C level of consciousness

- x-0 "What's your name?"
- x-0 "Where are you right now?"
- x-0 "What day is it?"
- x-0 "Tell me what happened?"

Onset -

When did this start? What were you doing?

Provocation -

What makes it feel better or worse?

Quality -

Can describe this pain? Dull - Sharp...

Radiation -

Where else does it go?

Severity -

On a scale from one to ten.

Time -

How long has this been going on?

Signs & Symptoms -

What can you see? What is the Chief Complaint?

Allergies -

Weds, Insects, Pollen, Food, Latex?

Medications -

XXXXX - Street, Herbal, OTC, Prescription

Past Medical History -

Has this happened before? Pre-existing condition?

Last Oral intake -

When did you eat last? What was it? Nausea / Vomiting?

Events -

What were you doing when you started to feel this way?

Normal Vital Signs

Normal Pulse		Resting Respiration		Blood Pressure	
Age	Normal	Age	Normal	Age	Normal
Newborn	100-170	Newborn	30-50	Newborn	60-90
1 year	80-170	1 year	20-40	Infant	90-110
3 year	80-130	3 year	20-30	3 Year	90-105
6 year	70-120	6 year	18-22	6 Year	100-105
10 Year	70-110	10 Year	14-20	10 Year	100-105
14 Year	60-110	14 Year	12-20	14 Year	110-115
Adult	60-100	Adult	12-20	Adult	120-130

Notes:



Normal Vital Signs

Normal Pulse	Resting Respiration	Blood Pressure
Age	Normal	Age
Newborn	30-50	Newborn
1 year	20-40	Infant
3 year	20-30	3 Year
6 year	18-22	6 Year
10 Year	14-20	10 Year
14 Year	12-20	14 Year
Adult	12-20	Adult

Types & Signs of SNBCK

S Skin - PwO	N Neck - Clear	B Breasts - Clear
E Eyes - PEARL	C Chest - Clear	K Knees - Clear
A Arms - Clear	B Back - Clear	C Calfs - Clear
C Capillary Refill	B Breasts - Clear	K Knees - Clear
E Eyes - PEARL	C Chest - Clear	K Knees - Clear
A Arms - Clear	B Back - Clear	C Calfs - Clear
C Capillary Refill	B Breasts - Clear	K Knees - Clear

SOAP reference sheet for PCR report

Subjective:
Information about the subject (patient). Age, name, etc. along with "subjective" information that someone tells you. It's chief complaint, Past Medical Hx, Meds, Allergies, Pain Level & Location.

Objective:
Information that you gain with your own observations. Age, Sex, Approx weight in Kilos, Level of responsiveness, ABCs, Vital signs, Physical Assessment and General Impression.

Assessment:
What you think is wrong with the patient.

Plan:
What you are going to do about it. Treatments & Meds.

Objective Physical Example for PCR

ABCs
A=Patent, B=Normal, non-laboured;
C=V/S (vital signs) as shown above;

Skin - PwO;
HEENT (head, eyes, ears, nose & throat)-Clear;
Eyes - PEARL;
Neck / Back - Clear;
Lungs - CBBS (Clear Bilateral Breath Sounds);
Cx (chest) - Clear;
ABD (abdominal)- SNT (soft, non-tender);
EXT (extremities)-CMs x 4

Front

Back

Front

Back

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