

**LOS ANGELES CITY OPEN WATER LIFEGUARD  
BASIC LIFE SUPPORT SKILLS**

**PATIENT ASSESSMENT AND MANAGEMENT**

**MEDICAL**

**Performance Objectives**

The examinee will demonstrate proficiency in performing a Patient Assessment involving scene size-up, initial assessment, medical history, and a detailed physical exam.

**Condition**

The examinee will be requested to assess and manage a simulated patient that may be experiencing a medical problem or had been exposed to some type of trauma.

**Equipment**

Live patient, Trauma bag

**Performance Criteria**

100% accuracy required on all items designated by a diamond (◆) for skills testing. Make documentation, identified by the symbol (Φ).

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Name \_\_\_\_\_

Examiner \_\_\_\_\_

**SCENE SIZE-UP**

<b>Skill Component</b>	<b>Yes</b>	<b>No</b>	<b>Comments</b>
◆ Take Body Substance Isolation Precautions			
◆ Assess scene safety/scene size-up			

**INITIAL ASSESSMENT**

<b>Skill Component</b>	<b>Yes</b>	<b>No</b>	<b>Comments</b>
◆ Consider: <ul style="list-style-type: none"> <li>• General Impression</li> <li>• Obtain Consent</li> <li>• Name</li> <li>• Age</li> <li>• Sex</li> <li>• Determine chief complaint               <ul style="list-style-type: none"> <li>○ <b>Medical or Trauma?</b></li> </ul> </li> </ul>			
◆ Assess mental status <ul style="list-style-type: none"> <li>• Alert</li> <li>• Verbal Stimulus</li> <li>• Painful Stimulus</li> <li>• Unresponsive</li> </ul>			
◆ Assess <ul style="list-style-type: none"> <li>• Airway – patent?</li> <li>• Breathing – Adequate or inadequate               <ul style="list-style-type: none"> <li>- <i>If inadequate</i>, rapid auscultation (Listen at 5<sup>th</sup> and 6<sup>th</sup> intercostal mid-axillary space)</li> </ul> </li> <li>• Circulation – pulse, bleeding, skin</li> </ul> **Consider O2 therapy **Consider BVM – if inadequate ventilations			
Priority Patient? - 911			

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**BASELINE VITALS**

Skill Component	Yes	No	Comments
◆ Blood Pressure			
◆ Eyes: P.E.R.L.A.			
◆ Lungs sounds Listen to minimum of 3 bilateral anterior field <ul style="list-style-type: none"> <li>• Apices –1” below clavicle at mid-clavicular line</li> <li>• Mid-lung fields – 3<sup>rd</sup> – 4<sup>th</sup> ICS at mid-clavicular line</li> <li>• Bases – 6<sup>th</sup> ICS at mid-axillary line</li> </ul> Listen to minimum of 3 bilateral posterior field <ul style="list-style-type: none"> <li>• Apices –vertebral border at 3<sup>rd</sup> rib</li> <li>• Mid-lung fields – inferior angle of scapula</li> <li>• Bases – 3 finger breadths below the inferior angle of the scapula at the level of the diaphragm (approx. 10<sup>th</sup> rib)</li> </ul>			
◆ Level of Consciousness <ul style="list-style-type: none"> <li>• To name</li> <li>• To place</li> <li>• To time</li> </ul>			
◆ Skin <ul style="list-style-type: none"> <li>• Color</li> <li>• Temperature</li> <li>• Moisture</li> </ul>			
◆ Respirations <ul style="list-style-type: none"> <li>• Rate</li> <li>• Quality: Normal, shallow, labored or noisy</li> <li>• Tidal Volume</li> </ul>			
◆ Pulse <ul style="list-style-type: none"> <li>• Rate</li> <li>• Rhythm: regular or irregular</li> <li>• Quality: strong or weak</li> </ul>			

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**MEDICAL HISTORY**

<b>Skill Component</b>	<b>Yes</b>	<b>No</b>	<b>Comments</b>
<b>Signs and Symptoms</b> -Heart Attack (Chest Pain) -Stroke (Checks pronator drift) -Allergic Reaction      -Seizure -Fainting -Shock			
◆ Allergies			
◆ Medications			
◆ Past Pertinent History			
◆ Last Oral Intake			
◆ Events Leading			

**MEDICAL PATIENT CARE**

<b>Skill Component</b>	<b>Yes</b>	<b>No</b>	<b>Comments</b>
Probable CVA ◆ Provide oxygen ◆ Protect affected body parts ◆ Correct body position (semi-sitting, left lateral if unconscious)			
Fainting ◆ Provide oxygen ◆ Correct body position (semi-sitting, left lateral if unconscious)			

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## PATIENT ASSESSMENT AND MANAGEMENT

### DETAILED PHYSICAL EXAMINATION

**NOTE:** Physical Examination is injury specific; once injured area is examined the rest of the examination can occur after caring for the injury.

Skill Component	Yes	No	Comments
<b>◆ Assess for:</b> <ul style="list-style-type: none"> <li>• Deformities</li> <li>• Open Injuries</li> <li>• Tenderness</li> <li>• Swelling</li> </ul>			
<b>◆ Assess the scalp/head</b> <ul style="list-style-type: none"> <li>• Inspect and palpate the scalp and ear</li> <li>• Assess the eyes</li> <li>• Assess the facial areas including oral and nasal area</li> </ul>			
<b>◆ Assess the neck</b> <ul style="list-style-type: none"> <li>• Inspects and palpates the neck</li> <li>• Assess for Jugular Vein Distention</li> <li>• Assess for tracheal deviation</li> </ul>			
<b>◆ Assess the shoulder</b> <ul style="list-style-type: none"> <li>• Inspects</li> <li>• Palpates</li> </ul>			
<b>◆ Assess the chest/ribs</b> <ul style="list-style-type: none"> <li>• Equal rise and fall of the chest</li> <li>• Stability of the sternum</li> <li>• Equal expansion of the chest</li> </ul>			
<b>◆ Assess the abdomen/pelvis</b> <ul style="list-style-type: none"> <li>• Assess the abdomen</li> <li>• Assess the pelvis</li> </ul>			
<b>◆ Assess the extremities - lower</b> <ul style="list-style-type: none"> <li>• Inspects and palpates each extremity</li> <li>• Assess CMS</li> </ul>			
<b>◆ Assess the extremities – upper</b> <ul style="list-style-type: none"> <li>• Inspects and palpates each extremity</li> <li>• Assess CMS</li> </ul>			

### ONGOING ASSESSMENT

(Φ) Repeat initial assessment as needed			
(Φ) Comfort and reassure			
(Φ) Evaluate response to treatment			

**Circle One:**

First Attempt      Pass / Fail

Proctor Signature \_\_\_\_\_

Second Attempt    Pass / Fail

Proctor Signature \_\_\_\_\_