



OUTDOOR FIRST CARE 2019– Training Modules

MODULE 1

*Breathing difficulty, Asthma
Communication*

Equipment needed: none

SCENARIO (Information given to Candidate): "You have come across a 22 year old on the hill who has been snowboarding and is having trouble breathing."

Patient Info: You have exercised induced asthma and have your own/prescribed inhaler with you. You were snowboarding, and developed trouble breathing after attempting a more difficult run. You have no other medical problems or injuries. You talk in short one and two word sentences and are very anxious.

Responses/Actions by OFC Candidate:

Scene safety

PPE

Introduction and obtain permission to care for patient

ABCD

Obtains medical history from patient

Asks if patient has inhaler, and has/assists patient use their own inhaler.

Takes vital signs (pulse and respirations).

Calls on radio using SAILER, to tell patrol dispatch about patient.

Vital signs: pulse 100/minute, respirations 28/minute

Discussion (Emphasis):

Review the 10 points and overall approach to patient

Skill Guide Assessing Vital Signs

Recognize breathing problem/asthma

Ask if patient has inhaler and assist patient with inhaler.

Communication using SAILER to call for assistance

MODULE 2

Stroke, Altered Mental Status

Equipment needed: none

SCENARIO (Information given to OFC Candidate): A 72-year-old female was sitting with her grandson in the cafeteria, when she suddenly started slurring her words and the left side of her mouth started to droop.

Patient Info: You are leaning back in a chair in the cafeteria with the left side of your mouth slightly drooped and left arm weak. You are a little confused, but you know your name and where you are. Speech is slurred. If asked, you deny drinking. You indicate that you have been prescribed blood pressure medication. You cannot move your left arm well. If asked, you report taking your medications as directed and report eating breakfast.

Responses by OFC Candidate:

Scene safety

PPE

Introduction, obtains permission to treat patient

ABCD

Obtains history from patient & grandson; recognizes stroke

Takes vital signs (pulse and respirations).

Calls on radio for patrol using SAILER summoning additional assistance

Vital signs: pulse 100/minute, respirations 16/minute

Discussion (Emphasis):

Skill Guide: Assessing Mental Status AVPU

Recognizes possible stroke

Checks ABCD

Uses SAILER correctly to call for patrol assistance.

MODULE 3

Unresponsiveness and Altered Mental Status Protecting the C-Spine, Log Rolling Patient

Equipment needed: backboard with straps, cervical collar

SCENARIO (Information given to the Candidate): Late 20's appearing man/woman found face down just outside the bathroom in the lodge. Patient is unresponsive with no obvious bleeding. Patient has pulse and is breathing. Spouse of the patient is nearby and is very frantic, calling for help.

Patient: Laying on stomach with head facing to one side. Unresponsive throughout scenario. Normal breathing.

Response/Actions taken by Candidate:

Scene safety

PPE

Realize patient unconscious. Obtains information & permission to treat from spouse

History: Ask spouse what happened. Spouse indicates no prior medical problems. They both went in to use the restroom after a great day skiing and when he came out he found her on the floor

ABCD – airway is open, breathing normally

Protects neck and spine and does not move it until help arrives.

Take vitals (pulse and respirations)

Call for help using SAILER.

HELPS responding patroller/others with log roll patient, under *patroller's* direction

Vital signs: respirations 12/minute, pulse 100/minute

Discussion (Emphasis):

Skill Guide: Opening an Airway

Skill Guide: Protecting the Spine

Skill Guide: Log Rolling Patient

Realize unresponsive (brief review AVPU), asks spouse permission and then asks questions to get information.

MODULE 4

Shock

Bleeding, Splinting, Bandaging

Equipment needed: quick splint, bandages

SCENARIO (Information given to Candidate): A 25-year-old mountain biker is just off the course halfway down Silver Snake. Patient complains of severe abdominal and right lower leg pain.

Patient Info: Wearing a helmet, laying down on floor with leg & abdominal pain holding your stomach. You appear pale with some sweat on your forehead. Blood is visible near middle of right leg between the knee and foot. You can wiggle your toes and feel them if asked. You can speak in full sentences, but keep telling the candidate you are in a lot of pain. Handlebar suddenly twisted catching you in the upper abdomen and then fell awkwardly on your right leg. You deny striking your head or neck pain. You answer questions appropriately, but appear very anxious.

Response/Action taken by OFC Candidate:

Scene safety

PPE (gloves)

Introduces self & asks for permission to touch/treat patient

ABCD

Obtains history from patient

Puts on dressing to control bleeding

Takes vital signs (pulse and respirations).

Calls on radio using SAILER, to tell dispatch about patient being in shock and lower leg injury

Assists arriving patroller in applying quick splint and moving patient

Vital signs: pulse 130/minute, respirations 28/minute

Discussion (Emphasis):

Skill Guide: Recognizing Shock – possible internal bleeding

Controls bleeding

Uses SAILER correctly

Assists patroller with splint.

MODULE 5

Burns and Alcohol Related Conditions

Equipment needed: beer cans, "fake fire" or fire pit structure

SCENARIO (Information given to OFC Candidate): A group of mountain bikers built a bonfire near one of the outdoor pavilions after a local race at the resort. You are called to tell them that they should not have a fire in that location.

Patient Info: You have had 8 beers and not a lot of food, as you have been racing with friends. You lose your balance and stumble, landing in the edge of the pit, and are unable to get up as you are drunk. Your arm and leg are burned and hurt a lot. You are yelling for help and trying to get up, as your friends are just laughing at you. You stop yelling when the OFC Candidate tries to help you. You have no other medical problems.

Responses/Action by OFC Candidate:

Scene safety – moving patient from the fire; extinguish fire

PPE

Introduction and obtain permission to treat

ABCD

History: Realize patient is drunk and burned. Determines patient has no other medical problems.

Take vitals (pulse and respirations)

Call for patrol using SAILER.

Notify management due to fire in unauthorized area and the burned patient

Vital signs: respirations 20/minute, pulse 100/minute

Discussion (Emphasis):

Skill Guide: Lifting and Moving the Patient

Scene safety is top priority to move patient and others away from fire

Recognize patient is intoxicated altering mental status

Good, clear communication skills with SAILER to summon help from the patrol and area security/maintenance.

MODULE 6

Hypothermia

Equipment needed: None

SCENARIO (Information given to Candidate): A 15-year-old was found on the bunny hill sitting in the snow, leaning against a tree and is reported shivering.

Patient Info: You are leaning against (a tree) and are shivering. When asked, you report being cold and are slow to respond to questions. You have no injuries or medical problems. When asked, you report that you have been out skiing and your family all left to go up on the chair lift. You stopped when you got cold and sat down, as your legs were tired from skiing, and you act/appear slightly confused.

Response/Action taken by OFC Candidate:

Scene safety

PPE

ABCD

Determine that patient is hypothermic

Obtain history: Ask what happened. Any medical problems or injuries?

Contact parents for additional history.

Take vitals

Call for assistance using SAILER.

Assist responding patrollers with getting the patient inside to warm up.

Vital signs: pulse 64/minute, respirations 12/minute

Discussion (Emphasis)

Recognize the patient is hypothermic

Recognize need for parental involvement for history & care

Knows how to prevent patient from becoming more hypothermic/how to treat if help necessary.

Uses SAILER correctly to summon patrollers.

MODULE 7

Chest Pain, Altitude Sickness

Equipment needed: none

SCENARIO (Information given to the Candidate): A 70-year-old who lives in Alabama has come to ski out west at 14,000 feet. They flew in yesterday and now are on the slope. You are skiing and find the patient sitting on a bench outside the rental building complaining of shortness of breath.

Patient: You are sitting on a bench having some trouble breathing talking in short sentences. You are telling the patient you have a headache and didn't sleep well last night being from Alabama. You start to have some chest discomfort going in to your left arm while talking with the OFC provider. History of heart attack a few years ago with a few stents.

Responses/Action by OFC Candidate:

Scene safety

PPE (gloves)

Introduction and obtains permission to care for patient.

ABCD

Takes history from patient

Takes vital signs (pulse and respirations).

Calls on radio using SAILER, to tell dispatch about patient.

Vital signs: pulse 100/minute, respirations 24/minute

Discussion:

Emphasis on identifying/knowning has altitude illness, followed by heart attack.

ABCD

Calls for oxygen and AED.

Takes vital signs (pulse and respirations)

Uses SAILER correctly to call for patrollers/assistance

Overall review of patient assessment and the 10 points in the evaluation.