

EMT Basic

Rapid Trauma Exam

Step-by-step

BSI/Scene Safety

Approach patient, hold forehead, feel pulse, introduce yourself, and acquire permission to treat, (Assess ABCs) *If pt is unconscious, assess LOC, pulse, and breathing using jaw-thrust in combination with C-spine.*

Assign C-spine precautions

Assess neck (cervical spinal exam, verbalize JVD and tracheal deviation or absence of)

Assess back of head

Assess bones above the eyes

Assess cheek bones (zygomas)

Assess “mustache bone” (maxilla)

Assess jaw (mandible)

Assess collar bones (clavicles)

Assign C-collar sizing and application

Push in on rib cage

Push down on sternum with knife hand

Visualize chest by lifting shirt (verbalize)

Palpate the abdomen

Push in on pelvis (iliac crests)

Push down on pelvis

Assess femur on both legs w/paradoxical force

Assess lower legs (tib-fib) w/paradoxical force

Assess CSM (circulation, sensory, motor) on lower extremities

Assess upper arm (humerus) w/paradoxical force

Assess lower arm (radial/ulna) w/paradoxical force

Repeat on other upper extremity

Assess CSM (circulation, sensory, motor) on upper extremities

Listen to breath sounds (four points on the front)

Log roll patient, assess thoracic and lumbar spine (C-spine calls the roll)

Log roll patient onto back board (C-spine calls the roll)

Package patient

- Move patient in-line for proper positioning
- Consider padding
- Cross strap chest
- Cross strap pelvis
- One strap below knees
- Apply head bead or bed rolls
- Secure Head

Assess CSM (circulation, sensory, motor) on all extremities after packaged

Medical Terminology you NEED to Know

Hypo-
Hyper-
Prone
Supine
Distal
Proximal
Superior
inferior
Myo-
-Itis
Renal
Choles-
Lateral
Medial
Endo-
Exo-
Parietal
Visceral
Cardi-
Pulmonary
Peritoneal
Oro-
Naso-
Pharynx
Larynx
Retro-
Anterior
Posterior
Abduction
Adduction
Phage
Plura
Poly-
Uria
Dipsia
Acidotic
Alkalotic
Oxy
Hemo
pneumo
Thoracic

Sympathetic
Parasympathetic
Autonomic
Cervical
Lumbar
JVD
Trachea
-Glottic
Cerebral
Neuro-
-Genic
Patho-
Physi-
-Ostomy
-ology
-ectomy
CSF
ICP
-tensive
Palpation
Deviation
Extension
Flexion
Supra-
Sub-
Intra-
Ventilation
Respiration
Contraction
Gluco-
Genesis
Hepatic-
Pedal
Auscultation
Diaphoretic
Brady-
Tachy-
Apneic
Atrial
Ventricle
Arterial

Normal Vital Signs for an Adult

Memorize these!

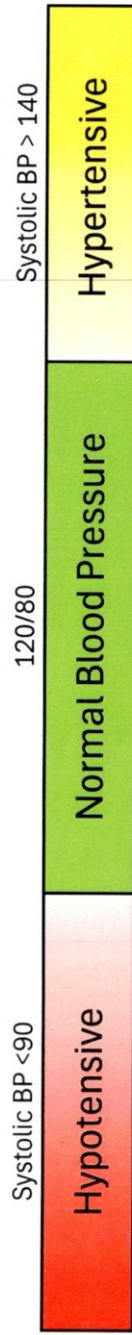
Heart Rate



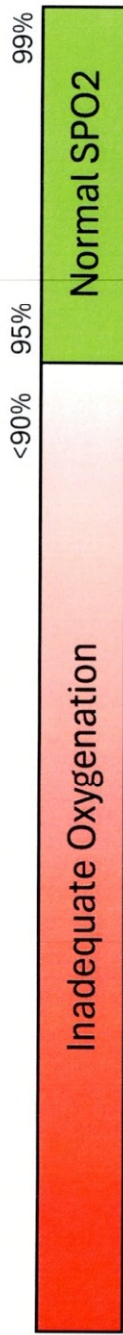
Respiratory Rate



Blood Pressure



Oxygenation (SPO2)



Blood Glucose Level (BGL)

