

Learn2Rescue First Aid Revision Acronyms

Use these acronyms to remember procedure studied in the first aid manual provide. You will need these for the test and to proceed to the two day practical elements of the course.

1. The Primary Survey: **DRCABCDE**

The gold standard for initial assessment and life-saving intervention.

| Letter | Meaning | Action / Observation |
|----------|---------------------------|---|
| D | Danger | Ensure the scene is safe for you, bystanders, and the casualty, consider calling 999. |
| R | Response | Check for consciousness using the ACVPU scale (see below). |
| C | Catastrophic Bleed | Identify "life-changing" bleeding. Apply a tourniquet or haemostatic dressing. |
| A | Airway | Ensure the airway is clear and then open (Jaw thrust or Head-tilt/Chin-lift). |
| B | Breathing | Look, listen, and feel for normal breathing for 10 seconds . |
| C | Circulation | Check for signs of shock, internal bleeding, or minor wounds. |
| D | Disability | Assess neurological status and potential causes (see FISHSHAPED). |
| E | Exposure/Evidence | Loosen clothing to find hidden injuries; maintain body temperature. |

2. Consciousness & Neurological Status: **ACVPU**

Used during the "R" and "D" phases of the primary survey.

- **A** – **Alert:** Awake, eyes open, oriented.
- **C** – **Confusion:** Awake but disoriented (newly added to signify high risk).
- **V** – **Voice:** Responds only when spoken to.
- **P** – **Pain:** Responds only to physical stimuli (e.g., trapezoid squeeze).
- **U** – **Unresponsive:** No response to any stimuli.

3. Secondary Survey: Physical Exam (**DOTS**)

What to look for during a head-to-toe examination.

- **D** – **Deformity:** Misaligned limbs or depressions.
- **O** – **Open Wounds:** Breaks in the skin or punctures.
- **T** – **Tenderness:** Areas where the casualty feels pain when touched.
- **S** – **Swelling:** Fluid buildup or bruising around joints and injuries.

4. Patient History: **SAMPLE**

Gathering information once life-threatening issues are stable.

- **S** – **Signs & Symptoms:** What you see vs. what they feel. **Where does it hurt?**
- **A** – **Allergies:** Medication, food, or environmental allergies. **Ask if exposed to anything different?**
- **M** – **Medications:** Current prescriptions or over-the-counter drugs. **Ask what they are for?**
- **P** – **Past Medical History:** Pre-existing conditions (Diabetes, Heart, etc.). **Have they had this problem before?**
- **L** – **Last Ins and Outs:** When they last ate, drank or went to the toilet. The toilet question is not always vital.
- **E** – **Events Leading Up:** What happened just before the incident, and everything else.

5. Specialized Management Guides

Wound Management: **BLEEDS**

- **B** – **Barriers**: Put on gloves and eye protection.
- **L** – **Location**: Find the exact source of blood.
- **E** – **Expose**: Cut away clothing to see the wound.
- **E** – **Examine**: Check for **DOTS** or embedded objects.
- **D** – **Direct Pressure**: Apply firm pressure with a sterile pad.
- **S** – **Secondary Pressure**: Add a second dressing if the first is soaked, or not controlling the bleed.

Burn Management: **SCALD**

- **S** – **Size**: Estimate % of body area (Palm = 1%, adult head, arm, ½ leg, ½ one side of torso are all about 9%).
- **C** – **Cause**: Wet heat, Dry Heat, Friction, Chemical, Electrical, or Radiation.
- **A** – **Age**: Identify high-risk groups (Young/Old/Infirm).
- **L** – **Location**: Face, neck, hands, and joints are sensitive skin and so critical.
- **D** – **Depth**: Superficial, Partial, or Full Thickness.
- *Treatment: Cool for 20 mins, remove jewellery, cover with length strips of cling film.*

6. Diagnostic & Decision Tools

Causes of Unconsciousness: **FISHSHAPED**

- | | |
|------------------------------------|---------------------------|
| • F – Fainting | • S – Stroke |
| • I – Infantile Convulsions | • H – Heart Attack |
| • S – Shock | • A – Asphyxia |
| • H – Head Injury | • P – Poisoning |
| | • E – Epilepsy |
| | • D – Diabetes |

When to Stop CPR: **MEDS**

- **M** – **Medical Help Arrives**: Professional takeover.
- **E** – **Exhaustion**: You are physically unable to continue.
- **D** – **Danger**: The scene becomes unsafe for the rescuer.
- **S** – **Signs of Life**: Casualty starts breathing normally or moving.

The **MIST** Handover

When the ambulance arrives, report your findings in this order:

- M** – **Mechanism** (What happened)
- I** – **Injuries** (What you found)
- S** – **Signs** (**ACVPU** and vitals)
- T** – **Treatment** (What you did).

7. Recovery Positions

Learn these recovery positions and when to use each one, remember as the situation changes you may have to adapt the position. Check an unconscious patient every two minutes.

