**Rapid Fire History Assessment of the Backcountry Medical Patient**

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In this fast-paced drill, you are faced with a series of patients with medical problems. Assume you are away from your ambulance, out in the backcountry, miles from road access. There is limited cell service (a text may get out). You have provisions for a day hiking trip, including a well-stocked first aid kit. You will only use the Patient History to figure out the problem(s), and then decide on interventions and evacuation plans.

You will have 4-6 minutes at each station. You will rotate through the stations, alternating between being a "patient" and a “rescuer.” Each participant will be assigned one of two colors (marked on your hand). Half the participants one color, the other half a different color. Each station has a scenario card marked on the Situation (rescuer side) with one of the two alternating colors. A scenario card that matches your color, means you will be a **Rescuer** at that station. Some stations have props (ie: bottle of aspirin at a cardiac station). Leave in place when you rotate.

**RESCUER:** When you arrive at a station that is your color, you will be the rescuer. Together, with the patient, read the SITUATION side of the script card. Note the situation and vital signs. Then, introduce yourself and ask “what is your **chief complaint”**? Use the **SAMPLE** and **OPQRST** questions to get a clear picture of your patient’s problem(s). Ask **all** the questions, **in order**! Unlike in the real world, you will not do a physical exam. You don't even get to touch the patient! When you think you have a diagnosis, tell the patient, and then STAND UP and discuss interventions/treatments and evacuation plans. Continue until you hear the call to ROTATE. Follow directions to the next station (patient and rescuer moving in an opposite directions).

**PATIENT:** When you arrive at a station that is marked with **NOT** your color, you will be the patient. Your job is to quickly familiarize yourself with the written script card (backside of the Situation page). **Together, with the Rescuer, read the SITUATION side of the card and begin to ACT the part. Turn the card so only you can see the PATIENT side to answer the rescuer’s questions exactly as it is written – avoid the temptation to freelance (however, you may have to roll with answers to questions the rescuer asks that may not be on your script)!** Be a great actor and have fun! When your RESCUER thinks they have figured out your problems, stand up and discuss with them the interventions, and evacuation plans. Stay on-task until you hear the call to “ROTATE”. Leave any props and the script card, Situation side upand follow directions to the next station (rescuer and patient moving in an opposite directions).

**SAMPLE & OPQRST**

**(S)** **Symptoms:** Explore all complaints & other symptoms:

 **Onset-** How & when did it start?

 **Provokes-** What makes it worse or better?

 **Quality-** Describe the feeling?

 **Radiates-** Does it go anywhere?

 **Severity-** How bad is it (0-10)?

 **Trending-** Is it getting better, worse, staying the same?

**(A) Allergies:** Medication, environmental, or food allergy involved?

**(M)** **Medications:** Are you taking any medications?  Should you be? What are these for? Any recreational drugs or alcohol?

**(P)** **Past Relevant Medical and Mental Health Hx:** Has anything like this ever happened to you before? How did you deal with it? Do you have other concerns?

**(L1)** **Last Intake:** food & fluids  Output: urine & stool - normal?

**(L2)** **Last period or possibly pregnant?**

**(E) Events:** What happened? How were you feeling before this?  How much sleep have you had? Do you have any other concerns?

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