

Midterm Skills Check-Off List

Student Name: _____

Evaluator Name: _____

Skill	Description	Pass	Instructor Signoff
Assessment	<u>Consent</u>		
	<u>Always Q's</u>		
	Did you hit your head?		
	Were you ever unconscious?		
	Do you have pain in your back or neck?		
	Check their neck and back if there could have been trauma.		
	Ask if there is there anything else wrong?		
	<u>A&O</u>		
	Person – “What’s your name?”		
	Place – “Do you know where you are?”		
	Time – “Do you know the day & time?”		
	Event – “What happened?”		
	<u>SAMPLE</u>		
	S – signs & symptoms		
	A – allergies		
M – medicines			
P – Prior medical conditions			
L – last oral intake			
E – events leading to current complaint			
<u>Pain</u>			
O - Onset			
P - Provokes			
Q - Quality			
R -Radiates			
S - Strength			
T – Time questions			
Surveys	<u>All Survey Points:</u>		
	1. Effective palpation of areas (firm, even pressure)		
	2. Feeling Bones and underlying organs effectively		
	<u>Whole Body Survey</u>		
	1. The character of the pulse and respirations		
	2. Skull shape		
	3. Cervical spine		
	4. Eyes, nose and facial bones		
	5. Mouth – injury & foreign objects		
	6. Ears - in & behind		

	7. Anterior neck		
	8. Back		
	9. Chest - laterally & sternum		
	10. Four abdominal quadrants		
	11. Pelvis – laterally & back		
	12. Legs & pedal test		
	13. Clavicles		
	14. Shoulders		
	15. Arms & grip test		
	16. Counted vital signs		
	17. Injury review		
	<u>Urgent Trauma Survey</u>		
	1. Carotid & radial pulse		
	2. Respirations		
	3. Skin signs		
	4. Head shape		
	5. Cervical spine		
	6. Anterior neck		
	7. Chest expansion		
	8. Abdominal quadrants		
	9. Pelvis (in & down)		
	10. Femurs		
	11. Optional Knees, Tib/Fib		
	12. Back (unless already committed to backboard)		
	13. Make radio call		
	14. Count & record vitals.		
	<u>Focussed Trauma Survey</u>		
	1. “What’s the problem?”		
	2. “Point with one finger to where the problem is.”		
	3. Palpating for angulation, tenderness and swelling		
	4. “How & when did it happen?”		
	5. “How bad is it?”		
	6. “Did you hear a pop?”		
	7. “Does it move ok?”		
	8. Exposing the injury if required for effective evaluation.		
	9. Ask what else is wrong, and repeat the exam for each complaint.		
Vitals	<u>Pulses/Respirations (counted for 15 sec x4)</u>		
	Carotid		
	Radial		
	Respirations		
	<u>Blood Pressure</u>		
	Palpated		
	Osciltated		

Bandaging	<u>Control Bleeding</u>		
	Direct Pressure		
	Elevation (above heart)		
	Pressure points		
	<u>Bandaging Skills -- all bandages</u>		
	Tail Start		
	CSM before/after		
	Twist tightening/Effective bandage		
	Square Knots		
	<u>Specific Bandages:</u>		
1. Finger bandage			
2. Palm bandage (bulky hand bandage)			
3. Elbow Bandage (figure-8)			
4. Head Bandage (around & over scalp)			
5. Knee bandage (figure-8)			
6. Ankle Bandage (figure-8)			
Splinting	<u>Splinting Skills -- all splints</u>		
	CSM before/after/distal pulse		
	Realign once if CSM impaired and over an hour to definitive care		
	Sling & Swath		
	Do not cover injury site for splints - leave open for eval		
	<u>Specific Splints:</u>		
	1. Forearm/Wrist Splint (SAM)		
	2. Humerus Splint (SAM)		
	3. Locked Elbow Splint (sticks)		
	4. Clavicle splinting (figure 8 cravat)		
5. Anterior Shoulder Dislocation (pigs & blanket)			
6. Posterior Shoulder Dislocation (cardboard airplane splint/blanket)			
7. Quick Splint application & removal			
8. Cardboard splint of lower extremity			
9. Bent Knee splint (flag fold/quicksplint)			
10. Sager Splint Application			
11. Ski Boot Removal			
Oxygen	<u>Oxygen Administration:</u>		
	O2 Tank prep/cautions/safety/valve attachment/empty/refill		
	Nasal Canula usage/flow (6L max)		
	Non-rebreather Mask (15L max)		
CPR	<u>CPR:</u>		
	Adult 1 Rescuer (pocket mask)		
	Adult AED & 2 Rescuer (BVM)		
	Infant one rescuer (pocket mask)		
	Infant two rescuer (BVM)		
	Measure and insert OPA/NPA		