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STANDARD APPROACH

Primary Survey

Control life threatening bleeding

Dangers - is the area safe?

- Response - Talk & touch (Alert/Verbal/Pain/Unresponsive)
- Send for help - call 000/112
- Airway - clear & open?
- Breathing - Look, listen, feel (<10 sec)
- Compressions -100-120 pm, 30:2, 1/3 depth
- Defibrillation - ASAP

Positions

Unconscious + breathing normally	Recovery position
Unconscious + not breathing normally	CPR
Shock	Lying down, legs elevated
Shortness of breath	Sitting
Stroke	Semi-seated

Control bleeding

Secondary Survey

AMPLE - what to ask?

- Allergies
- Medications
- Past medical History
- Last meal
- Event preceding

Vital signs

- Pulse (60-100)
- Respiration rate (12-20)
- Skin colour
- Conscious state

Pain assessment

- Description
- Onset
- Location/radiation
- Other signs and symptoms
- Relieving/ worsening factors

FAST - stroke assessment

- Face
- Arms
- Speech
- Time

Fracture assessment

- Pain
- Irregularity
- Loss of movement
- Swelling
- Deformity
- Unnatural movement
- Crepitus
- Tenderness

Anaphylaxis assessment

- Respiratory
- Abdominal
- Skin
- Hoarse voice/airway

Head to Toe

- Head
- Neck
- Chest
- Abdomen
- Back
- Arms
- Legs