

First Responder
Objectives

Introduction to EMS Systems

1. Define the components of EMS Systems
2. State the roles and responsibilities of the First Responder
3. Define the types of medical oversight and state their importance to the First Responder
4. State the specific statutes and regulations in this state regarding the EMS System

The Well-Being of the First Responder

1. List the emotional reactions that the First Responder may experience when faced with trauma, illness, and death and dying.
2. Identify the reactions a family member may exhibit when faced with death and dying
3. State the steps the First Responder may use to approach the family faced with death or dying
4. State the signs and symptoms of stress
5. State ways to relieve stress
6. State the importance of scene safety
7. Identify the CISD system in your state and how to access
8. State the importance of body substance isolation (BSI)
9. State the single most important BSI procedure
10. List personal protection needed for the following: airborne and blood borne pathogens; hazardous materials, rescue operations, and crime scenes

Legal and Ethical Issues

1. Define the First Responder scope of care
2. Define Do Not Resuscitate (DNR) directives and discuss local protocols
3. Define the types of consent and methods of obtaining
4. Define patient refusal and discuss local protocols and documentation
5. Discuss abandonment, negligence and battery
6. List conditions necessary to have duty to act
7. Explain the importance, necessity, and legality of patient confidentiality
8. List those actions that are appropriate for the First Responder at a crime scene
9. State those situations that require reporting
10. Discuss issues concerning documentation

Human Body

1. Describe the anatomy and function of the respiratory system
2. Describe the anatomy and function of the circulatory system
3. Describe the anatomy and function of the musculoskeletal system
4. Describe the anatomy and function of the nervous system

Lifting and Moving

1. Define body mechanics
2. State guidelines and safety precautions that need to be followed when lifting a patient
3. Describe those situations that indicate an emergency move
4. List the various devices used with moving a patient
5. State the rationale for properly lifting and moving patients
6. Demonstrate an emergency move

EMS Operations

1. Discuss the medical and non-medical equipment needed to respond to a call.
2. List the phases of an out-of-hospital call.
3. Discuss the role of the First responder in extrication.
4. List various methods of gaining access to the patient.
5. Distinguish between simple and complex access.
6. Describe what the First Responder should do if there is reason to believe that there is a hazard at the scene.
7. State the role the First Responder should perform until appropriately trained personnel arrive at the scene of a hazardous materials situation.
8. Describe the criteria for a multiple-casualty situation.
9. Discuss the role of the First Responder in the multiple-casualty situation.
10. Summarize the components of basic triage.

Airway

1. Name and label the major structures of the respiratory system on a diagram.
2. List the signs of inadequate breathing.
3. Describe the steps in the head-tilt, chin-lift.
4. Relate mechanism of injury to opening the airway.
5. Describe the steps in the jaw thrust.
6. State the importance of having a suction unit ready for immediate use when providing emergency medical care.
7. Describe the techniques of suctioning.
8. Describe how to ventilate a patient with a resuscitation mask or barrier device.
9. Describe how ventilation of an infant or child is different from an adult.
10. List the steps in providing mouth-to-mouth and mouth-to-stoma ventilation.
11. Describe how to measure and insert a oropharyngeal (oral) airway.
12. Describe how to measure and insert a nasopharyngeal (nasal) airway.
13. Describe how to clear a foreign body airway obstruction in a responsive adult.
14. Describe how to clear a foreign body airway obstruction in a responsive child with complete or partial airway obstruction with poor air exchange.
15. Describe how to clear a foreign body airway obstruction in a responsive infant with complete or partial airway obstruction with poor air exchange.
16. Describe how to clear a foreign body airway obstruction in an unresponsive child.
17. Describe how to clear a foreign body airway obstruction in an unresponsive child.
18. Describe how to clear a foreign body airway obstruction in an unresponsive infant.

Circulation

1. List the reasons for the heart to stop beating.
2. Define the components of cardiopulmonary resuscitation
3. Describe each link in the chain of survival and how it relates to the EMS system.
4. List the steps of one-rescuer adult CPR.
5. Describe the technique of external chest compressions on an adult patient.
6. Describe the technique of external chest compressions on an infant.
7. Describe the technique of external chest compressions on a child
8. Explain when the First Responder is able to stop CPR.
9. List the steps of two-rescuer adult CPR.
10. List the steps of infant CPR.
11. List the steps of child CPR.
12. Demonstrate the proper technique of chest compressions on an adult.
13. Demonstrate the proper technique of chest compressions on a child.
14. Demonstrate the proper technique of chest compressions on an infant.

15. Demonstrate the steps of adult one-rescuer CPR.
16. Demonstrate the steps of adult two-rescuer CPR.
17. Demonstrate child CPR.
18. Demonstrate infant CPR.

Patient Assessment

1. Discuss the components of scene size-up.
2. Describe common hazards found at the scene of a trauma and a medical patient.
3. Discuss common mechanisms of injury/nature of illness.
4. Discuss the reason for identifying the total number of patients at the scene.
5. Summarize the reasons for forming a general impression of the patient.
6. Discuss methods of assessing mental status.
7. Differentiate between assessing mental status in the adult, child, and infant patient.
8. Differentiate between a patient with adequate and inadequate breathing.
9. Describe the methods used to assess circulation.
10. Differentiate between obtaining a pulse in an adult, child, and infant patient.
11. Discuss the need for assessing the patient for external bleeding.
12. State the areas of the body that are evaluated during the physical exam.
13. Explain what additional questioning may be asked during the physical exam.
14. Explain the components of the SAMPLE history.
15. Discuss the components of the ongoing assessment.
16. Describe the information included in the First Responder “hand-off” report.
17. Demonstrate the techniques for assessing mental status.
18. Demonstrate the techniques for assessing the airway
19. Demonstrate the techniques for assessing if the patient is breathing.
20. Demonstrate the techniques for assessing if the patient has a pulse.
21. Demonstrate the techniques for assessing the patient for external bleeding.
22. Demonstrate the techniques for assessing the patient’s skin color, temperature, condition, and capillary refill (infants and children only).
23. Demonstrate questioning a patient to obtain a SAMPLE history.
24. Demonstrate the skills involved in performing the physical exam.
25. Demonstrate the ongoing assessment.

Medical Emergencies

1. Identify the patient who presents with a general medical complaint.
2. Explain the steps in providing emergency medical care to a patient with a general medical complaint.
3. Identify the patient who presents with a specific medical complaint of altered mental status.
4. Explain the steps in providing emergency medical care to a patient with an altered mental status.
5. Identify the patient who presents with a specific medical complaint of seizures.
6. Explain the steps in providing emergency medical care to a patient with seizures.
7. Identify the patient who presents with a specific medical complaint of exposure to cold.
8. Explain the steps in providing emergency medical care to a patient with an exposure to cold.
9. Identify the patient who presents with a specific medical complaint of exposure to heat.
10. Explain the steps in providing emergency medical care to a patient with an exposure to heat. Identify the patient who presents with a specific medical complaint of behavioral change.
11. Identify the patient who presents with a specific medical complaint of behavioral change.
12. Explain the steps in providing emergency medical care to a patient with a behavioral change.
13. Identify the patient who presents with a specific complaint of a psychological crisis.
14. Explain the steps in providing emergency medical care to a patient with a psychological crisis.
15. Demonstrate the steps in providing emergency medical care to a patient with a general medical complaint.
16. Demonstrate the steps in providing emergency medical care to a patient with an altered mental status.
17. Demonstrate the steps in providing emergency medical care to a patient with seizures.
18. Demonstrate the steps in providing emergency medical care to a patient with an exposure to cold.

19. Demonstrate the steps in providing emergency medical care to a patient with an exposure to heat.
20. Demonstrate the steps in providing emergency medical care to a patient with a behavioral change.
21. Demonstrate the steps in providing emergency medical care to a patient with a psychological crisis.

Pediatric Emergencies

1. Describe differences in anatomy and physiology of the infant, child, and adult patient.
2. Describe assessment of the infant or child.
3. Indicate various causes of respiratory emergencies in infants and children.
4. Summarize emergency medical care strategies for respiratory distress and respiratory failure/arrest in infants and children.
5. List common causes of seizures in infants and children.
6. Describe management of seizures in infants and children
7. Discuss emergency medical care of the infant and child trauma patient.
8. Summarize the signs and symptoms of possible child abuse and neglect.
9. Describe the medical/legal responsibilities in suspected child abuse.
10. Recognize need for First Responder debriefing following a difficult infant or child transport.

Childbirth

1. Identify the following structures: birth canal, placenta, umbilical cord, amniotic sac.
2. Define the following terms: crowning, bloody show, labor, abortion.
3. State the indications of an imminent delivery.
4. State the steps in the pre-delivery preparation of the mother.
5. Establish the relationship between body substance isolation and childbirth.
6. State the steps to assist in delivery.
7. Describe care of the baby as the head appears.
8. Discuss the steps in delivery of the placenta.
9. List the steps in the emergency medical care of the mother post-delivery.
10. Discuss the steps in caring for a newborn.
11. Demonstrate the steps to assist in the normal delivery.
12. Demonstrate necessary care procedures of the fetus as the head appears.
13. Attend to the steps in the delivery of the placenta.
14. Demonstrate the post-delivery care of the mother.
15. Demonstrate the care of the newborn.

Bleeding and Soft Tissue Injuries

1. Differentiate between arterial, venous, and capillary bleeding.
2. State the steps in the emergency medical care for external bleeding.
3. Establish the relationship between body substance isolation and bleeding.
4. List the signs of internal bleeding.
5. List the steps in the emergency medical care of the patient with signs and symptoms of internal bleeding.
6. Establish the relationship between body substance isolation (BSI) and soft tissue injuries.
7. State the types of open soft tissue injuries.
8. Describe the emergency medical care of the patient with a soft tissue injury.
9. Discuss the emergency medical care considerations for a patient with a penetrating chest injury.
10. State the emergency medical care considerations for a patient with an open wound to the abdomen.
11. Describe the emergency medical care for an impaled object.
12. State the emergency medical care for an amputation.
13. Describe the emergency medical care for burns.
14. List the functions of dressing and bandaging.
15. Demonstrate direct pressure as a method of emergency medical care for external bleeding.
16. Demonstrate the use of diffuse pressure as a method of emergency medical care for external bleeding.
17. Demonstrate the use of pressure points as a method of emergency medical care for external bleeding.

18. Demonstrate the care of the patient exhibiting signs and symptoms of internal bleeding.
19. Demonstrate the steps in the emergency medical care of open soft tissue injuries.
20. Demonstrate the steps in the emergency medical care of a patient with an open chest wound.
21. Demonstrate the steps in the emergency medical care of a patient with open abdominal wounds.
22. Demonstrate the steps in the emergency medical care of a patient with an impaled object.
23. Demonstrate the steps in the emergency medical care of a patient with an amputation.
24. Demonstrate the steps in the emergency medical care of an amputated part.

Injuries to Muscles and Bones

1. Describe the function of the musculoskeletal system.
2. Differentiate between an open and a closed painful, swollen, deformed extremity.
3. List the emergency medical care for a patient with a painful, swollen, deformed extremity.
4. Relate mechanism of injury to potential injuries of the head and spine.
5. State the signs and symptoms of a potential spine injury.
6. Describe the method of determining if a responsive patient may have a spine injury.
7. List the signs and symptoms of injury to the head.
8. Describe the emergency medical care for injuries to the head.
9. 9. Demonstrate the emergency medical care of a patient with a painful, swollen, deformed extremity.
10. Demonstrate opening the airway in a patient with suspected spinal cord injury.
11. Demonstrate evaluating a responsive patient with a suspected spinal cord injury.
12. Demonstrate stabilizing of the cervical spine.