

Equipment

These guidelines mention the following resources.

Airway and Breathing

Oxygen, face masks, nebuliser mask, suction attachments, nasopharyngeal airways, self-inflating bag and mask.

Circulation

Syringes, needles, antiseptic, tourniquet, intravenous cannulae, connectors, giving set, dressings.

Trauma

Crepe bandages, dressings, cling wrap, cervical collar, arm and leg splints, slings, ice pack, eye patch, eye shield, ring cutter.

Miscellaneous

Defibrillator, glucometer, blood pressure cuff, surgical gloves.

Medication

Adrenaline	Local anaesthetic
Analgesia (oral and intravenous)	eye drops
	Midazolam
Anginine	Normal saline
Antiemetic	Salbutamol
Aspirin	Tetanus toxoid
Dextrose 50 %	

Memory Aids

<p>D Dangers of situation</p> <p>r Responsiveness of injured</p> <p>A Airway with cervical spine stabilisation</p> <p>B Breathing and oxygen</p> <p>C Circulation with bleeding control</p> <p>D Disability / neurological deficit (AVPU or Glasgow coma score)</p>	<p>Also:</p> <p>Seizures or Collapse</p> <p>ABC...</p> <p>D Don't</p> <p>E Ever</p> <p>F Forget</p> <p>G Glucose</p>
<p>A Alert</p> <p>V Vocal stimuli response</p> <p>P Painful stimuli response</p> <p>U Unresponsive</p>	<p>Stroke</p> <p>ABCDE...</p> <p>F Face - asymmetry</p> <p>A Arms</p> <p>S Speech</p> <p>T Time -critical</p>
<p>E Exposure + environmental control</p> <p>F Fluid resuscitation</p> <p>A Analgesia</p> <p>T Tests (in hospital)</p> <p>T Tubes (like urinary catheter)</p>	<p>Fractures</p> <p>P Pain</p> <p>I Irregularity</p> <p>L Loss of movement</p> <p>S Swelling</p> <p>D Deformity</p> <p>U Unnatural movement</p> <p>C Crepitus</p> <p>T Tenderness</p>
<p>History recording</p> <p>A Allergies</p> <p>M Medications</p> <p>P Past illnesses</p> <p>L Last meal</p> <p>E Events related to injury</p>	
<p>Handover</p> <p>M Mechanism of injury</p> <p>I Injuries evident</p> <p>S Symptoms and signs</p> <p>T Treatment so far</p>	

References

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