

Vital-Recall EMT Dual Pack Pocket Sheets

EMT PT Assessment Pocket Sheet

EMT B Pocket Guide Sheet

? What is / are the Chief Complaint or Apparent Life-threats?

*Why did you call us today?
Is there a chance that you have fallen today?*

L.O.C level of consciousness

- x-0 "What's your name?"
- x-0 "Where are you right now?"
- x-0 "What day is it?"
- x-0 "Tell me what happened?"

Onset -

When did this start? What were you doing?

Provocation -

What makes it feel better or worse?

Quality -

Can describe this pain? Dull - Sharp...

Radiation -

Where else does it go?

Severity -

On a scale from one to ten.

Time -

How long has this been going on?

Signs & Symptoms -

What can you see? What is the Chief Complaint?

Allergies -

Weds, Insects, Pollen, Food, Latex?

Medications -

XXXXX - Street, Herbal, OTC, Prescription

Past Medical History -

Has this happened before? Pre-existing condition?

Last Oral Intake -

When did you eat last? What was it? Nausea / Vomiting?

Events -

What were you doing when you started to feel this way?

Normal Vital Signs

Normal Pulse		Resting Respiration		Blood Pressure	
Age	Normal	Age	Normal	Age	Normal
Newborn	100-170	Newborn	30-50	Newborn	60-90
1 year	80-170	1 year	20-40	Infant	90-110
3 year	80-130	3 year	20-30	3 Year	90-105
6 year	70-120	6 year	18-22	6 Year	100-105
10 Year	70-110	10 Year	14-20	10 Year	100-105
14 Year	60-110	14 Year	12-20	14 Year	110-115
Adult	60-100	Adult	12-20	Adult	120-130

Notes:



1 - Signs & Symptoms **A - Allergies** **M - Medications**

P - Past history **L - Last meal** **E - Events leading to...**

C - Chief Complaint (What you are seeing and feeling)

P - Provocation (What you do something to cause the injury?)

Q - Quality (Describe the pain in your own words)

R - Radiation (Is the pain moving anywhere else?)

S - Severity (1-10 pain scale)

T - Time (How long has this been going on?)

Property of:

4 Level Placement

Normal Vital Signs

Normal Pulse	Resting Respiration	Blood Pressure	
Age	Normal	Age	Normal
Newborn	30-50	Newborn	60-90
1 year	20-40	Infant	90-110
3 year	20-30	3 Year	90-105
6 year	18-22	6 Year	100-105
10 Year	14-20	10 Year	100-105
14 Year	12-20	14 Year	110-115
Adult	12-20	Adult	120-130

Notes: 70-100 (mmHg)

Types & Signs of SNBCC

Signs & Symptoms	Signs & Symptoms
1 - Signs & Symptoms	2 - Signs & Symptoms
3 - Signs & Symptoms	4 - Signs & Symptoms
5 - Signs & Symptoms	6 - Signs & Symptoms
7 - Signs & Symptoms	8 - Signs & Symptoms
9 - Signs & Symptoms	10 - Signs & Symptoms

SOAP reference sheet for PCR report

Subjective:

Information about the subject (patient). Age, name, etc. along with "subjective" information that someone tells you. It's chief complaint, Past Medical Hx, Meds, Allergies, Pain Level & Location.

Objective:

Information that you gain with your own observations. Age, Sex, Approx weight in Kilos, Level of responsiveness, ABCs, Vital signs, Physical Assessment and General Impression.

Assessment:

What you think is wrong with the patient.

Plan:

What you are going to do about it. Treatments & Meds.

Objective Physical Example for PCR

ABCs

A=Patent, B=Normal, non-laboured;

C=V/S (vital signs) as shown above;

Skin - P/W;

HEENT (head, eyes, ears, nose & throat)-Clear;

Eyes - PERRL;

Neck / Back - Clear;

Lungs - CRRS (Clear Bilateral Breath Sounds);

Cx (chest) - Clear;

ABD (abdominal)- SNT (soft, non-tender);

EXT (extremities)-CMG x 4

Front

Back

Front

Back

Paramedic Cheat Sheet

Camilla Rothe

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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