

Bogus Basin Ski Patrol – Outdoor First Aid Class – BCHI April 6, 2019

Lead Instructor Karen King BBSP

All modules:

Scene safety

PPE

Intro and permission

History/what happened

ABCD

Vitals

Radio communication - SAILER: sex, age, incident/complaint, location, equipment needed, rescuers needed

✓ Module 1: Bleeding, splinting, tourniquet, sling & swathe, 'stop the bleed';

Scenario: A hiker is just off the trail yelling for help. S/he has a serious laceration mid forearm. You are unable to stop the bleeding with pressure and elevation. Pain level is high.

Interventions:

Treat bleeding. Pressure dressing, stop the bleed, tourniquet. Sling and swathe once final bandaging complete to prevent movement.

✓ Module 2: Hypothermia, diabetes/hypoglycemia, long board splint.

Scenario: Patient is sitting at the trailhead with point tenderness in ankle, is shivering with cold and tells you s/he is diabetic. Is a bit light headed and becoming confused. Hasn't eaten since early morning.

Interventions: Treat for cold and low blood sugar. Splint with clamshell splint or SAM splint.

✓ Module 3: Unresponsive. C spine and backboard.

Scenario: A hiker is found face down just below a hiking trail. Patient is unresponsive with no obvious bleeding. Pulse and breathing are steady and normal. Has a spouse/friend with them who said the person tripped and fell down the bank and hasn't moved since.

Interventions: Obtain permission to treat from spouse/friend. C spine precautions. Log roll to backboard.

✓ Module 4: Altitude sickness. Cardiac arrest

Scenario: A 65 year old has come from Florida to climb one of the 14,000 foot peaks. S/he arrived yesterday. You find the person sitting on the ground at the 10,000 foot level having difficulty breathing. After a couple of minutes, the patient starts having chest pain. Tells you that s/he has a history of heart issues. Has nitro in a backpack.

Interventions: Keep patient calm. Ask about medications and assist if they are available. O2 if available. Quick transport to lower elevation. Life flight.

✓ Module 5: Heat, bites and stings, inhaler, epi pen.

Scenario: It's a very hot day when you find a person in a campground having difficulty breathing. He tells you he just was stung by a bee and is somewhat allergic to them but generally his inhaler will stop the symptoms. Also carries an epi pen just in case. Asks for assistance with his inhaler. Breathing continues to worsen and face starts to swell.

Interventions: Assist with inhaler. Symptoms still present and getting worse after inhaler. Injection with epi pen stops allergic reaction. Treat for heat issues by moving patient to shaded area and providing water.

7 Module 6: Burns, AMS

Scenario: A group of campers has built a bonfire that has gotten a bit out of control. Most of the campers have been drinking and haven't eaten much since early in the day. One of the campers who has been drinking lost his balance and stumbled into the fire, burning his arm and leg. None of the other campers know what to do to help.

Interventions: Scene safety. Stop the burn with water. Bandage as appropriate. Communication. Management of other campers. Notify campground hosts.

✓ Module 7: Seizures, eye injury, penetration/impalement, poison, environmental

General discussion:

Seizures: treatment, postictal phase

Eye injury: wash, bandage as appropriate. Cover both eyes.

Penetration/impalement: bleeding control, stabilize, bandage in place, support

Poison: 800-222-1222. Ingest, inhale, inject, exposure

Environmental: snake bites, ticks, mice/hantavirus, poison ivy/oak.