

ABCDE approach

First make sure it is safe for you....

Do you need protective clothing?

If your patient is clearly pregnant, help her lie on her left side, call for help early.

	Assessment:	Action:
Responsiveness	Squeeze shoulders gently, get patient to open eyes or squeeze your hand, can they talk?	If unresponsive or not responding as well as they should – CALL FOR HELP
Airway	Can they talk normally? Listen for sounds such as stridor and wheezing. Choking? Can they maintain their own airway? Swelling?	Awake patients, help get to position of comfort. Reduced conscious level- consider head tilt, chin lift for adults, half tilt for children & neutral head position for infants, all will need chin lift. Consider oral pharyngeal airways for unconscious patients only. Suction out fluids patient unable to clear.
Breathing	Count respiratory rate/minute. Are they struggling with breathing? Is the chest wall moving up and down? O2 sats probe (pulse oximetry) Look for cyanosis (blue/grey discolouration) check inside mouth for darker skinned patients.	Administer oxygen if needed. Check patient positioning. <i>If not breathing start CPR</i> Normal O2 sats: Healthy lungs 92-98% Unhealthy lungs (eg COPD) 88-92% Normal resting respiratory rates /minute: Adult 12-20 Infants: 30-40 Pre-school:24-34 Children: 20-24
Circulation	Count heart rate/minute. Check blood pressure. What is patient's normal BP? Has it dropped? Or very high? Are hands and lower arms cold /clammy? Do they feel dizzy /light headed?	Lie flat if feeling faint / light headed raise legs unless this worsens breathing. Normal resting HR /minute Adults 60-100 (maybe in 50's if on Beta blockers or very athletic) Infants:110-160 Pre-school- 95-150 Children: 80-120
Disability (conscious level)	A- Awake/alert V-responds to Voice P- responds to Pain U- Unresponsive Check blood glucose Signs of fever or cold chills?	Consider recovery position if reduced conscious level (unless injury present). Normal blood glucose levels: 4-9mmols L (consistently over 7mmols L may need GP referral)
Exposure	Look for rash, injury, bleeding.	Maintain patient dignity & warmth.

Infant =newborn -1 year

Child = >1 year to adolescence (pre-school 1-5)

Respiratory & heart rate values from Advanced Life Support Group UK www.alsg.org