

ACDC
Access
CPR
Defibrillator
Advanced Care
Also known as Earlies

AVPU
Alert
Voice
Pain
Unresponsive
Levels of Response

DRs ABCD
Danger
Response
Send for Help
Airway
Breathing
Circulation
Defibrillator/Deformity
To do on arrival

Fish Shaped
Fainting
Imbalance of Heat
Shock
Heart Attack
Stroke
Head Injury
Asphyxia
Poisoning
Epilepsy
Diabetic
Causes for Unconsciousness

Perl
Pupils
Equal
Reactive
Light
How to check the Eyes

Scald
Size
Cause
Area
Location
Depth
Examining Burns

Fractures
Closed
Open
Transverse
Spiral
Comminuted
Impacted
Greenstick (kids)
Complicated

ACLIPG AD
Abrasion
Contrusion
Laceration
Incision
Puncture
Gunshot
Amputation
De-gloved
Types of Wounds

BBC
Blood Clots
Blood Pressure Falls
Capillaries Contacts
How Bleeds Stop

Dutch Lips
Deformities
Unnatural Movement
Tender to Touch
Crepitus (sound)
History
Loss of Movement
Irregularities
Pain
Swelling
For Broken Bones

Ashlce
Age
Sex
History
Injury
Condition
(Exact) Time and Location
Handover

Pricer
Protect
Rest
Ice
Compression
Elevation
How to treat Burns



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Poison Entry

Inhaled
Absorbed
Injected
Instilled
Ingested
Most common poison is Alcohol

Ameqa

Access Situation
Make Safe
Emergency Aid
Get Help
Aftermath

DHSS

Diagnosis
History
Signs
Symptoms

Fast

Face
Arms
Speech
Time to call
Stoke

Sample

Signs and Symptoms
Allergies
Medication
Past History
Last Meal
Event History
Things to ask

PEEP (or SEEP)

Position (or Sit)
Examine
Elevation
Pressure
External Bleeding

Pulses

Carotid
Brachial
Radial
Ulnar
Femoral
Dorsal Pedal
Pedal
From top to toe

Skin Layers

Epidermis
Dermis
Hypodermis

Spine

7	Cervical
12	Thoracic
5	Lumbar
5	Sacrum
4	Coccyx
33 Bones in total	



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