

# Arizona Peace Officer Standards and Training

## Basic Curriculum Lesson Plan

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**LESSON TITLE: FIRST AID - INITIAL ASSESSMENT 8.1**

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SUBJECT: First Aid (Initial Assessment)

AZ POST DESIGNATION: 8.1.6

HOURS: 2

COURSE CONTENT: The actions needed for the first contact with a patient. Describes methods to assess the level of consciousness, airway, breathing and circulation.

PERFORMANCE OBJECTIVES: Upon completion of this course of instruction, students using notes, handouts and other support materials as references, within the allotted time, will:

8.1.6 Perform an initial assessment, evaluating the following vital signs and describe the significance of each.

- A. Level of consciousness.
- B. Airway.
- C. Breathing.
- D. Circulation.

DATE FIRST PREPARED:	January 1998	
PREPARED BY:	Pam Peterson	
REVIEWED – <b>REVISED</b> :	David Kleinman	DATE: December 1998
REVIEWED – <b>REVISED</b> :	AZ POST (Word)	DATE: June 2003
<b>REVIEWED</b> – REVISED:	SME Committee	DATE: October 2003
REVIEWED – <b>REVISED</b> :	Officer Tim Taylor, SME Chairman	DATE: February 2004
REVIEWED – <b>REVISED</b> :	AZPOST (DocX)	DATE: March 2022
REVIEWED – REVISED:		DATE:
AZ POST – APPROVAL:	Richard Watling	DATE: April 2004
AZ POST – APPROVAL:	Lori Wait	DATE: March 2022

**INSTRUCTOR REFERENCES:**

**CLASS LEVEL:** Student

**TRAINING AIDS:**

**INSTRUCTIONAL STRATEGY:** Interactive lecture and class discussion.

**SUCCESS CRITERIA:** 70% or higher on a written, multiple-choice examination.

**COMPUTER FILE NAME:** Initial Assessment

**DATE RELEASED TO THE SHARE FILE:** August 2023

**I. INTRODUCTION**

- A. Instructor – (self) introduction.
- B. Preview of performance objectives.

**II. INITIAL ASSESSMENT**

- A. Begin with scene size-up. This should include making sure that EMS is en route.
- B. Form a general impression.
  - 1. Determine the priority of care.
    - a. If life threatening injuries, then do not move on to focus on the survey.
    - b. ABC's need to be stabilized first.
  - 2. Determine if trauma or medical. All suspected trauma should have C-spine stabilization.
    - a. C-spine immobilization is accomplished by holding the patient's head in a neutral, midline position.
    - b. Both of the rescuer's hands should be on either side of the patient's head without covering the ears.
    - c. This can be done with the patient in any position.
- C. Determine responsiveness. (Demonstrate) **P. O. 8.1.6A**
- D. Mnemonic "AVPU."
  - 1. A = Alert – to person, place and time.
  - 2. V = Verbal – responds when spoken to or shouted at.
  - 3. P = Painful – responds to painful stimuli such as a sternal rub.
  - 4. U = Unresponsive – does not respond to any stimuli.
- E. Assess airway. (Demonstrate) **P. O. 8.1.6B**
  - 1. Head tilt/chin lift unless C-spine injuries are suspected, then use jaw-thrust. (Explanation of C-spine techniques is in Trauma.)

2. Listen, look and feel for air.

F. Assess breathing. (Demonstrate)

**P. O. 8.1.6B&C**

1. Adequate?

2. Determine the rate and quality. (Demonstrate)

3. Watch for the chest to rise or you can put your hand over the upper abdomen or lower part of the rib cage and feel for movements.

4. Infants are usually belly breathers.

a. Twelve to twenty (12-20) is normal for an adult.

b. Twenty to forty (20-40) is normal for a child.

c. Thirty to sixty (30-60) is normal for an infant.

d. Quality – labored, regular shallow, etc.

5. Inadequate?

a. < 8 or > 24 for an adult.

b. Cyanosis. ( Blue color seen at nail beds, lips or gum lines.)

c. Increased effort. Visible use of chest or neck muscles.

d. Gaspings.

e. Mental status changes.

G. Assess circulation.

**P. O. 8.1.6D**

1. Responsive – check radial pulse.

2. Unresponsive – check carotid pulse. (Demonstrate)

3. Rate and quality:

a. Sixty to one hundred (60-100) beats per minute is normal for an adult.

b. One hundred to one hundred and forty (100-140) beats per minute is normal for a child.

- c. One hundred to one hundred and sixty (100-160) beats per minute is normal for an infant.
  - d. Full, slow, rapid, weak and thready.
4. Check for life-threatening bleeding. **INSTRUCTOR NOTE:** *Practical exercise: Students should pair up and take vitals on each other. May have students run in place to change their vitals.*
- a. Personal protection – gloves, goggles, etc.
  - b. Care for bleeding.
5. **Mental exercise:**
- a. You and your partner are involved in a foot pursuit. The suspect outruns the both of you. After you stop, you notice your partner does not look so good.
  - b. What do you want to do first? (Have him/her sit down)
  - c. What do you want to check? (Check pulse and respiration)
  - d. What if it is way out of normal?( Call EMS or take them to the hospital)

### **III. CONCLUSION**

- A. Review of performance objectives.
- B. Final questions and answers.
- C. Instructor closing comment(s).