

SKILL SHEET

Rapid Assessment for Adults

Step 1 Perform a visual survey

- Make sure the environment is safe—for you, your team and any individuals present during the emergency.
- Gather an initial impression of the patient, which includes looking for severe, life-threatening bleeding.
- Quickly determine the need for additional resources.

Alert

If you see severe, life-threatening bleeding, immediately use any available resources to control the hemorrhage, including a tourniquet or hemostatic dressing if one is available.



Step 2 Check for responsiveness

- Shout, “Are you OK?” Use the patient’s name if you know it.
- Tap the patient’s shoulder and shout again (shout-tap-shout).
- If the patient is unresponsive and you are alone, call for help to activate EMS, the rapid response team or the resuscitation team, as appropriate, and call for an AED.
- If the patient is unresponsive and you are with another provider, the first provider stays with the patient. Other providers activate EMS, the rapid response team or the resuscitation team, as appropriate, and retrieve the AED, BVM and other emergency equipment.



Step 3 Simultaneously check for breathing and pulse

- Make sure the patient is in a supine (face-up) position. If they are face-down, you must roll them onto their back, taking care not to create or worsen a suspected injury.
- Open the airway to a past-neutral position using the head-tilt/chin-lift technique; or, use the modified jaw-thrust maneuver if you suspect a head, neck or spinal injury.
- Simultaneously check for breathing and a carotid pulse for at least 5 seconds but no more than 10.



Step 4 Provide care based on the conditions found