



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 life-threatening bleeding.
- Quickly determine the need for additional resources.

Alert

If at any time the patient has life-threatening bleeding, control the hemorrhage with any available resource (including the use of a tourniquet or hemostatic dressing as appropriate).



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.



SKILL SHEET

Rapid Assessment for Adults (*continued*)

Step 3 Simultaneously check for breathing, a pulse, and life-threatening bleeding

- 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 pulse (carotid) for no more than 10 seconds.
- At the same time, scan the body for life-threatening bleeding or other signs and symptoms that might not have been seen during the initial impression.



Practice Note

A-B-C Mnemonic

Use the A-B-C mnemonic to easily recall and perform assessment, including opening of the airway (A), checking for the presence or absence of normal breathing (B), and simultaneously assessing for circulation (C) by a pulse check. If necessary, CPR should then begin with delivery of chest compressions.

Step 4 Provide care based on the conditions found