

## Training Patient Examination - Guidance for Trainers

### Level 2

- A patient examination should be performed where the patient has an altered level of consciousness, where there is one or more distracting injuries or where there is a high-energy mechanism of injury.
- Latex-free gloves should be worn for demonstrations and practicals.

#### **ABC**

- STOP! Scene safety - global scene hazard assessment
- On approach, introduce yourself as first aider, assess mechanism of injury, further scene hazard assessment, assess patient colour, assess patient appearance, initial impressions of level of response
- Assess AVPU by shout and shoulder squeeze
- Open airway: head tilt and chin lift only - do not check in mouth
- Assess breathing - keep hand on forehead while doing this
- Pooling check for major bleeds - no other circulation checks

#### **D**

- Systematic head-to-toe check
- Do not include pupil check
- Do not lift the skull from the ground
- Spine should be checked for bleeding only - no bony palpation (suspicion or no suspicion of spinal injury is determined by mechanism of injury, not by clinical examination)
- Abdomen is palpated for softness or rigidity
- No pelvis spring (see "Pelvic Injuries - Guidance for Trainers")

### Level 4

As above, except:

#### **ABC**

- Check in the mouth for foreign objects prior to opening airway
- Jaw thrust is mentioned as an alternative to head tilt and chin lift
- Include pulse check under "C"

#### **D**

- Check pupils for equality and reaction to light
- Knowledge of location of major abdominal organs