

**LOS ANGELES CITY LIFEGUARD
RECERTIFICATION
BASIC LIFE SUPPORT SKILLS**

PATIENT ASSESSMENT

Performance Objectives

The examinee will demonstrate proficiency in performing a Patient Assessment involving scene size-up, initial assessment, medical history, and a detail physical exam.

Condition

The examinee will be requested to assess and manage a simulated patient that may be experiencing a medical problem or had been exposed to some type of trauma.

Equipment

Live Model, First Aid Box

Performance Criteria

100% accuracy required on all items designated by a diamond (◆) for skills testing. Make documentation, identified by the symbol (Φ)

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PATIENT ASSESSMENT

Circle one: Medical Trauma

Name _____ Date: _____ Examiner _____

SCENE SIZE-UP

Skill Component	Yes	No	Comments
◆ Take Body Substance Isolation Precautions	<input type="checkbox"/>	<input type="checkbox"/>	
◆ Assess scene safety/scene size-up	<input type="checkbox"/>	<input type="checkbox"/>	

INITIAL ASSESSMENT

Skill Component	Yes	No	Comments
◆ Consider: <ul style="list-style-type: none"> • General Impression • Obtain Consent • Name • Age • Sex • Determine chief complaint <ul style="list-style-type: none"> ○ Medical or Trauma? 	<input type="checkbox"/>	<input type="checkbox"/>	
◆ Assess mental status <ul style="list-style-type: none"> • Alert • Verbal Stimulus • Painful Stimulus • Unresponsive 	<input type="checkbox"/>	<input type="checkbox"/>	
◆ Assess <ul style="list-style-type: none"> • Airway – patent? • Breathing – Adequate or inadequate • Circulation – pulse, bleeding, skin 	<input type="checkbox"/>	<input type="checkbox"/>	
Priority Patient? - 911	<input type="checkbox"/>	<input type="checkbox"/>	

NOTE: If patient is bleeding or has a musculoskeletal injury, begin management of the injury after the completion of the initial assessment. Remember to assess the injured area before caring for the injury.

NOTE: Baseline Vitals and Medical History can be obtained while caring for injuries.

Baseline Vitals

Skill Component	Yes	No	Comments
Eyes: P.E.R.L.A.			
◆ Level of Consciousness <ul style="list-style-type: none"> • To name • To place • To time 			
◆ Skin <ul style="list-style-type: none"> • Color • Temperature • Moisture 			
◆ Respirations <ul style="list-style-type: none"> • Rate • Quality: Normal, shallow, labored or noisy • Tidal Volume 			
◆ Pulse <ul style="list-style-type: none"> • Rate • Rhythm: regular or irregular • Quality: strong or weak 			

MEDICAL HISTORY

Skill Component	Yes	No	Comments
Signs and Symptoms -Heart Attack (Chest Pain) -Seizure -Stroke (Checks pronator drift) -Fainting -Allergic Reaction -Shock			
◆ Allergies			
◆ Medications			
◆ Past Pertinent History			
◆ Last Oral Intake			
◆ Events Leading			

DETAILED PHYSICAL EXAMINATION

NOTE: Physical Examination is injury specific, once injured area is examined the rest of the examination can occur after caring for the injury.

Skill Component	Yes	No	Comments
◆ Assess for: <ul style="list-style-type: none"> • Deformities • Open Injuries • Tenderness • Swelling 			
◆ Assess the scalp/head <ul style="list-style-type: none"> • Inspect and palpate the scalp and ear • Assess the eyes • Assess the facial areas including oral and nasal area 			
◆ Assess the neck <ul style="list-style-type: none"> • Inspects and palpates the neck • Assess for Jugular Vein Distention • Assess for tracheal deviation 			
◆ Assess the shoulder <ul style="list-style-type: none"> • Inspects • Palpates 			
◆ Assess the chest/ribs <ul style="list-style-type: none"> • Equal rise and fall of the chest • Stability of the sternum • Equal expansion of the chest 			
◆ Assess the abdomen/pelvis <ul style="list-style-type: none"> • Assess the abdomen • Assess the pelvis 			
◆ Assess the extremities - lower <ul style="list-style-type: none"> • Inspects and palpates each extremity • Assess CMS 			
◆ Assess the extremities - upper <ul style="list-style-type: none"> • Inspects and palpates each extremity • Assess CMS 			

ONGOING ASSESSMENT

(Φ)Repeat initial assessment			
(Φ)Comfort and reassure			
(Φ)Reassess care provided			

Circle One: Pass / Fail

Proctor Signature _____

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BLEEDING

Skill Component	Procedure		Comments
	Yes	No	
<ul style="list-style-type: none"> ◆ Apply dressing ◆ Apply direct pressure 			
NOTE: THE EXAMINER MUST NOW INFORM THE LIFEGUARD THAT THE WOUND HAS STOPPED BLEEDING.			
◆ Apply pressure bandage to secure dressings			
<ul style="list-style-type: none"> ◆ Call 911 – If bleeding becomes unmanageable <p><i>If bleeding becomes unmanageable jump down to the next table</i></p>			
◆ Properly position the patient and continue to care			
After proper management of injury, detailed physical exam obtain vitals, Sample history			

If bleeding becomes unmanageable			
<ul style="list-style-type: none"> ◆ Apply a commercial tourniquet as distal as possible on the extremity, at least 2 inches above the wound ◆ Apply a hemostatic dressing for wounds not on an extremity or when a tourniquet is not available or effective ◆ Continue until paramedics arrive and take over or until bleeding become manageable. 			
◆ Properly position the patient and continue to care			
After proper management of injury, detailed physical exam obtain vitals, Sample history			

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RIGID SPLINT/SLING

Procedure			
Skill Component	Yes	No	Comments
Check Circulation, Sensation, and Motor Function before and after splinting			
◆ Assess Circulation			
◆ Assess Motor Function			
◆ Assess Sensory Function			
◆ Applies SAM Splint to Extremity ◆ Properly measure, form, & places the splint			
NOTE: THE EXAMINER GIVES CONDITIONS OF "CMS".			
◆ Immobilizes Above and Below Injury Site			
◆ Applies Sling and Swathe			
◆ Assess Circulation			
◆ Assess Motor Function			
◆ Assess Sensory Function			
NOTE: THE EXAMINER GIVE CONDITION OF "CMS".			
- <i>If indicated</i>			
◆ Corrects intervention to obtain initial CMS			
◆ Properly position the patient and continue to care			
After proper management of injury, detailed physical exam obtain vitals, Sample history			