

## PATIENT CARE RECORDS – OUTDOORS

See reverse for notes on patient care and rescue

<b>Name of patient</b>	_____	_____	Sex	M/F
	First name	Surname		
<b>Home address</b>	_____			Age
				_____

<b>Date found</b>	<b>Time found</b>
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<b>Where found</b>	<b>Map number</b>	<b>GR</b>
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Landmarks nearby

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**Chief complaint**

Events leading to incident

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Past medical history

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Medic Alert details

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Allergies

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A	LoC	Breaths		Pulse		Pupils		Pain	Skin
Date, time	AVPU	Rate/ min	Depth, noise, rhythm, effort, odours	Rate/ min	Rhythm, strength	Size, reaction to light		Pain score	Colour, temp, moisture
						L	R		

B	Body		Food & drink	Medication
Date, time	Bodily functions		Amount consumed	What, amount taken, time
	Positioning			

## PATIENT CARE NOTES AND RESCUE

See reverse for recording patient care

Records of the patient to be made when found, and at regular intervals.  
Make **two** copies – one to remain with the Patient Care Party and one to go out with the Warning Party.

Record the date and time the patient was found, and date and time of the injuries – if known.  
Record all times in 24 hour format.

Record the location of the patient now, including features that may assist in guiding a Rescue Party to the site. Include details of the features visible from the air and on foot.

Describe the main injury, and any significant secondary injuries.  
Describe what is known of the events that led to the incident.  
Record known medical condition that may have an impact on the present health of the patient.  
Record medical details from a Medical Alert tag, if any.  
Record known allergies.

### **Time**

Section **A** – record 4 at 15 minute intervals, then 6 hourly

Section **B** – record at things happen

**Level of consciousness** – A = Alert, V = Verbal (able to talk), P = Pain, U = unconscious

**Breaths** – rate per minute, depth, noise, rhythm, effort, odours

**Pulse** – rate per minute, rhythm regular or irregular

**Pain** – score 1-10. 1 = a pinch, 5 = pain you can just cope with, 10 = worst every pain

**Skin** – colour, temperature, moisture

**Body** – function includes incontinence, vomiting, spasms. Positioning includes lying, foetal, fitting, rigid, out of position. Record anything useful.

### **General**

- Do NOT rush to get help
- Appoint a leader of the Care Party and the Warning Party
- Take time to assess the situation, the options, and plan the activities of the Care Party and the Warning Party
- Prepare a map of the area – improvised if necessary
- Assess the total time that could be involved, and plan for the worst case
- Assess the resources and gear available, and allocate it to the Care Party and the Warning Party.