

How To Compete EMS



Team Responsibilities

Teams of three people compete together working through scenarios. The team is given 4 minutes to read a scenario and execute immediate action. The team is expected to secure the scene before entering and control all life threatening situations in the four minute time frame. The remaining time is used to perform a **RAPID/FOCUSED** exam, obtain **VITAL SIGNS**, take care of secondary injuries and problems, do a **DETAILED** exam, **ON-GOING** assessment and prepare the patient for transport.

Captain - Leads the team. he/she is the mediator of all statements and action that occur in the square to the judges. All team members should direct questions or statements to their captain, who can then relay to a judge if necessary. Other responsibilities include:

Leads the team

Reads the scenario

Secures the scene with statements

Assists with care for the victims

Summarize the scenario and what has been done throughout the problem to the judges at the end of the problem.

HOWEVER

- Problems will not always be 22 minutes. Some may be shorter and the 4 minute read/immediate action time frame may be adjusted as well in relation to the problem.
- Problems may have $< / >$ 2 victims
- Look for additional victims

1st Responder - Primarily is a caregiver to one of the victims. Each responder will be a primary caregiver that means they should be responsible and know the status of his/her victim' s

- * ABC'S, Vitals, and condition at all times.
- * Be in charge of his/her victim's treatment.
- * Report regularly to the captain the status of his/her victim.
- * Mediate questions to judges through the captain.

*This is a team effort!
Working together
successfully
is the goal!!!*

Working Time Breakdown

The Problem -

4 minutes = reading time.

= secure the scene and do
immediate action.

18 minutes = working time.

= last two minutes to do
wrap up.

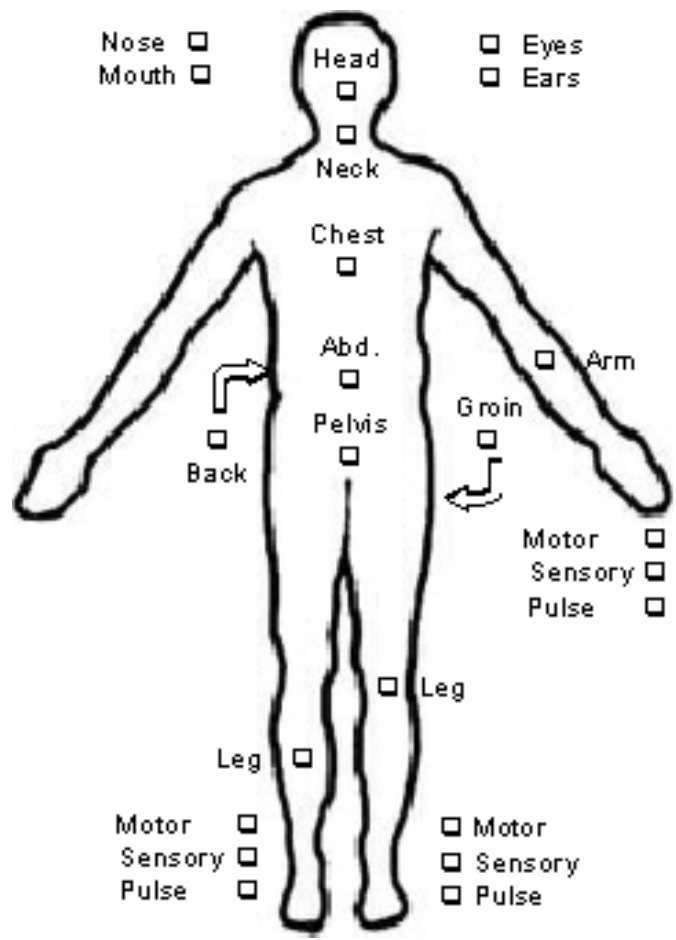
Total 22 minutes

1st Four Minutes - The scenario will have a paragraph or two to describe the incident and conditions. *THIS IS VERY IMPORTANT.* Pay attention to keywords about the scenario being described. For example: it is a hot sunny day, it is dark, you hear a loud bang, it is 10 below zero, you are in the middle of nowhere, there is an unidentifiable container within sight, etc. All Judges as well as teams receive a copy of this. At the bottom, the victims and their injuries are listed.

1st 4 Minutes (cont'd) - This is where you will need to secure the scene, so that it is safe for you and your team members to enter. You will also need to identify yourselves, do your ABC'S, Gross Blood Sweep, and control any major bleeding/or immobilize any impaled objects on all victims in the square.

Eighteen Minutes Here you will be working on all injuries to bandage/splint/CPR/backboard whatever is required to take care of your patients.

Last Two Minutes - This is when the captain begins his/her 2-minute wrap up to the judge. Here you will need to tell the judges what you have done and if you suspect anything- (i.e. Possible head/neck or so forth.)



Patient Interview
 DONE IN ANY WAY AND IN ANY ORDER TO REVEAL INFORMATION

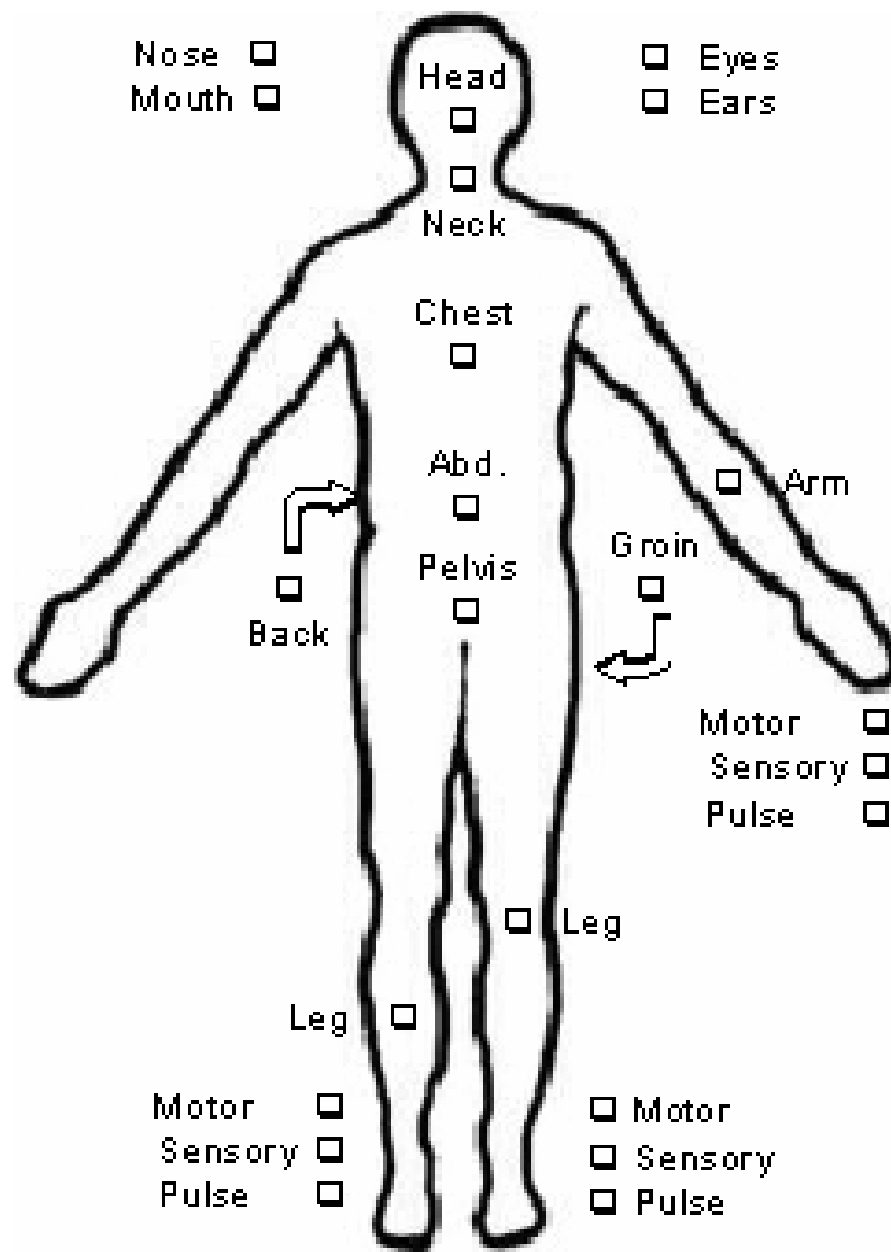
Yes No **S-** Signs/Symptoms
 Yes No **A-** Allergies
 Yes No **M-** Medications
 Yes No **P-** Past pertinent medical history
 Yes No **L-** Last oral intake
 Yes No **E-** Events preceding

Patient Maintenance and Ongoing Assessment

Yes No Head/neck injury considered
 Yes No LOC monitored throughout
 Yes No Pupils checked
 Yes No Checked for med alert tags
 Yes No Treated for shock throughout
 Yes No Recheck treatments (bleed throughs, splinting)
 Yes No Communicates with patient

Vitals

Pulse Skin color/temp
 Respirations Time of vitals check



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Time of vitals check

BLS

- Vitals now include blood pressure
- Cervical collars (must be measured & fit)
- Spinal immobilization with long backboard

Additional Reminders

- Vital signs must actually be taken to count
- Record times on each set of vitals
- A stated action does not count, eg., “I’m checking the back” but is done poorly or not at all. “I’m putting a blanket under for shock treatment.”
- Verbalize your suspicions, “Suspecting possible liver injury.”

- Addressing the Judge
 - Speak slowly, clearly
 - Make eye contact when possible to be sure they are listening
 - Start with: “Judge”
 - You can assume they will be hearing your communication with teammates

- **Suggested Team Assignments**
- Rescuer 1- Goes to victim 1
- Rescuer 2- Goes to victim 2
- Rescuer 3- Goes with most injured victim
- Captain- Goes with least injured victim

Hints

- Recheck all interventions, particularly splints and bandages for “Snugativity”
- Recheck vitals x3 (min), including LOC
- Give findings to your captain after:
 - Initial Assessment & treatment
 - Head-to-toe or Focused exam
 - After detailed exam

Why?

- **SOMEONE, SOMEWHERE,
SOMEDAY WILL BENEFIT BECAUSE
YOU HAVE COMPETED**
- **GOOD LUCK & THANK YOU FOR
WANTING TO MAKE AN IMPACT**