

**2019**

**St. John Ambulance OMFRC ZONE  
Competition  
First Aid Challenge**

**TEAM SCENARIO**

**Scenario # 1 – “Double Shovel Trouble”**

**Overall Background Scenario:**

This winter has been particularly treacherous in some areas of Ontario with heavy snow fall and ice rain. In the midst of this winters weather a number of areas are struck hard and required evacuations due to power failures, and communities inability to cope. With these evacuations, St. John Ambulance Units have been mobilized to provide 24-7 care at the evacuation shelters and community buildings. Your team is providing care at one such site.

**Scenario 1 – Responder information:**

Your team has been notified there is an injury on the icy walkways outside involving two people. It is the current time of day, Sun is peeking out and the outside temperature is -9.

You have 20 minutes to complete the scenario, Good Luck!!

There will be a 3 minute warning signify the end of the primary survey.

There will also be a 2 minute left signal for the team’s benefit.

**THIS PAGE IS GIVEN TO TEAMS 5 minutes  
BEFORE THE BEGINNING OF THE SCENARIO.**

## **Background History and Logistics INFORMATION - Scenario #1**



***(BACKGROUND – NOT TO BE SHARED WITH COMPETITORS)***

**Overall Scenario for the event:** This winter has been particularly treacherous in some areas of Ontario with heavy snow fall and ice rain. In the midst of this winters weather a number of areas are struck hard and required evacuations due to power failures, and communities inability to cope. With these evacuations, St. John Ambulance Units have been mobilized to provide 24-7 care at the evacuation shelters and community buildings. Your team is providing care at one such site.

**Scenario Info given to teams:** Your team has been notified there is an injury on the icy walkways outside involving two people. It is the current time of day, Sun is peeking out and the outside temperature is -9.

### **Scenario Set Up:**

- Total number of patients: 2, wearing outdoor clothing (at least a parka, hat and mittens.) It does not matter the gender or age of your patient actors.
  - **Patient #1** “Shoveller” – this person **DOES NOT** have a hat on!
  - **Patient #2** “Salter”

This is an outdoor, icy environment – ideally there is clear plastic garbage bags or grey tarps (make sure not to make slippery) on the floor in a pathway to represent the icy walkway with barriers/boxes with white blankets on them, on either side to represent the large snow banks. The working space of each team needs to be identical in your zone between the teams. Ideally again, the walkway is maximum only 48” wide (4 feet) for the teams to work in as it would be more than an average walkway outside of a building in the winter. Each patient in outdoor clothing but NO HAT on patient 1 and “Snow” under patient 1’s head should have a small puddle of congealed blood on it.

**PROPS** for EACH square/team competing:

- [ ] Clear Garbage bags or grey tarps (ice) and barriers (snow banks) = 48” wide
- [ ] Plastic outdoor shovel.

## **Background History and Logistics INFORMATION - Scenario #1**

### **First Aid Supplies required PER team:**

*Your zone lead may choose to either a.) allow teams to bring their own supplies or to b.) provide materials to the teams. This is a complete list of what materials should be used, what ever supplies your zone is NOT providing, please ensure that all teams are notified as to what they are responsible to bring for their own use.*

- First Aid Kit, in compliance with the rules on OMFRC.ca
- Patient Care reports x 2, pens/pencils
- Leg Splints x 1 long/1 short or equivalent (must be the SAME for every competing team!
- 4x Blankets (one fore under and over each patient)

**MFR/PRO TEAMS ONLY:** *ensure EVERY team has the same number of oxygen kits/ BP cuffs available. Your Zone lead will make the determination if they will allow 1 or 2 of each item per team based on your specific availability of supplies.*

- 1x SAGAR (this should NOT be used, more of a quality assurance check that teams would not put on themselves, let alone with an open fracture.
- Oxygen Kit (tank, NRB, Nasal Cannula, suction, OPA/NPA)
- Blood Pressure cuff/ Stethoscope
- 1x Backboard & Spinal Kit (straps x4, c-collar x2, noodles or immobilization foamies, Tape.)

### **Timing Notes:**

Team **handout/ Scenario background** to be given **5 minutes BEFORE** the beginning of the scenario.

- **0 minutes – Scenario BEGINS**
- **3 minutes - 3 minutes in** - signifies the end of the primary survey.
  - Teams will **ONLY** be able to score points from the first page during the first 3 minutes!
- **10 minutes** - to signal patient 1 to begin to re-gain consciousness. (teams need not be aware of the 10 minute mark)
- **18 minutes - 2 minute remaining** - for the team’s benefit.
- **20 minutes – Scenario ENDS**
  - Teams will be given **5 minutes after** the scenario **to complete paperwork** while scenario re-set occurs.
- **25 minutes - Paperwork ENDS**
  - Judges collect PCR immediately and ensure ALL boxes are completed with either a point value earned or a “0” points earned for not complete items.

### **Judges Marking notes**

- Not FULLY completed items are scored as a zero. If a team does not finish the statement in the marking line, they cannot earn ANY points for that line.
- If teams continues to provide patient care (ie: finish tying a bandage, etc) after time is called, that line will receive “0” points.
- If a team continues to write on the PCR after time is called, the entire PCR is marked as a “0” points.

**JUDGES/ CASUALTY INFORMATION: Patient #1 – “Shoveller”**



**Patient History Information** - You are shoveling the icy-chunky snow off the walkway. When you went to throw a heavy shovel full over your side, you slipped on the ice underneath. This caused you to fall, striking the back of your head on the hard ground and knocking you unconscious for the first 10 minutes of the scenario (there will be an indication that is pre-arranged at your zone to let this patient know to begin to wake up.) You are laying on your back with your head turned slightly to the right side. After the 10 minute mark, you are slow to respond but you are able to give all the details of history and SAMPLE. *\*\* Remember this is a -9 winter day and you are simulating laying on the ground outside ~ You are cold, and shivering until the team puts a blanket UNDER you (or places you onto a backboard/off the ground) AND a blanket OVER you.*






**HISTORY & PAIN SCALE (MFR/PRO):**

SAMPLE/ HISTORY:		OPQRST:			
<b>S</b>	Severe @ Leg Pain, Head Ache, Mild @ Wrist Pain.		<b>H</b> Head Injury/ Concussion	<b>R</b> Right Femur	<b>T</b> Right Wrist
<b>A</b>	None	<b>O</b>	Shoveling, Fell?	Happened in fall?	Happened in fall?
<b>M</b>	None	<b>P</b>	↑ with noise & light	↑ movement	↑ movement
<b>P</b>	Previously Healthy	<b>Q</b>	Severe throbbing	Severe ache	Mild ache
<b>L</b>	Ate full meal 1 hour ago	<b>R</b>	Ringing ears, back	Pain from hip to knee	No radiation
<b>E</b>	Shoveling icy path	<b>S</b>	7/10	9/10	2 or 3 /10
		<b>T</b>	“ I can’t remember	how long ago I was	shoveling”

**VITAL SIGNS:**

	Initial & 1 <sup>st</sup> set	2 <sup>nd</sup> Set	3 <sup>rd</sup> Set
<b>RESPIRATIONS</b>	18 shallow & regular	20 shallow & regular	18 shallow & regular
<b>PULSE</b>	88 strong & regular	86 strong & regular	84 strong & regular
<b>B/P</b>	118/76	128/82	126/72
<b>SKIN</b>	Cool, Slightly pale	Cool, Slightly pale	Cool, Slightly pale
<b>LOC</b>	Unconscious	Unconscious (*unless completed AFTER the 10 minute mark; then Semi-Conscious)	Semi- Conscious/ Confused
<b>PUPILS</b>	sluggish @ 3mm	Equal & sluggish @ 3mm	Equal & sluggish @ 3mm

**CASUALTY SIMULATION EXPECTATIONS: Patient #1 – “Shoveller”**

<b>Injury:</b>	<b>Casualty Simulation/ Acting Required:</b>	<b>Example:</b>
<b>UNCONSCIOUS,</b> <i>regains LOC at 10 minutes into scenario</i>	Patient is UNCONSCIOUS for the first 10 minutes of the scenario. There will be a pre-arranged signal to the casualty (judge/lead) to indicate for them to begin to wake up. Upon waking, you are continuing to complain of your injuries, you are slow to respond, stare off into space every 3-4 questions from the team. You ARE able to give the SAMPLE/OPQRST Info when asked repeatedly.	<b>X</b>
<i>Mild SHOCK</i>	Pale skin, but remember that this patient was just shoveling snow/ performing a physical task... so don't make it ghost face!	
<b>HEAD INJURY/</b> Concussion like symptoms.	<ol style="list-style-type: none"> <li>1.) 3" LAC with blood, but not active bleeding to the back, left side of the head. This can be simulated with thick blood in the hair</li> <li>2.) r only for prep-time sake.                             <ul style="list-style-type: none"> <li>➤ Blood stained/ congealed on the snow</li> </ul> </li> <li>3.) Slight/mild Bruise under <u>BOTH</u> eyes. This should be VERY MILD, almost unnoticeable!                             <ul style="list-style-type: none"> <li>➤ Patient is slow to respond, recalls history but often stares off when asked many questions. Sensitive to sounds and lights. If a team shines a pen light into eyes to check pupil, close your eyes immediately and complain of pain. Often ask the team to speak quietly.</li> <li>➤ Your neck is stiff but there is NO physical findings on the neck.</li> </ul> </li> </ol>	 
<b>FRACTURE</b> <b>Right FEMUR</b> <i>OPEN- No Bone</i>	Mid-shaft fracture with wound but NO bone sticking out, located on the anterior-lateral aspect of the RIGHT leg. Trickle of blood from the area and mild bruise forming. <ul style="list-style-type: none"> <li>➤ This is your most painful injury with pain increasing with any movement your leg. Even while unconscious, if the team manipulates your leg or touches the RIGHT thigh at all, you will moan and grimace.</li> </ul>	
<b>FRACTURE</b> <b>Right WRIST</b> <b>(CLOSED)</b>	Mild bruising on the heel of the hand as well as slightly up onto the wrist (anterior) of the RIGHT arm.	

**JUDGES/ CASUALTY INFORMATION: Patient #2 – “Salter”**



**Patient History Information** - You are helping patient #1 (if asked, you know their name and age, but no other personal details about them – so remember to talk to patient 1 BEFORE the scenario for a consistent story!) as they shovel the walkway outside the community shelter. You are throwing down salt/sand to help with the icy conditions. You heard patient #1 yell, as you looked up and saw them falling backward on the ice you also saw the large snow shovel mid-air coming right at your face. You were able to get your left arm up in time to protect your head from getting struck, but the shovel did hit across your left forearm and also knocked you backwards onto the ice where you fell very hard onto your right elbow. **\*\* Remember this is a -9 winter day and you are simulating laying on the ground outside. You are cold, and shivering until the team puts a blanket UNDER you (or places you onto a backboard/ off the ground) AND a blanket OVER you.**


**HISTORY & PAIN SCALE (MFR/PRO):**

SAMPLE/ HISTORY:		OPQRST:		
<b>S</b>	Ache in @ Elbow, Moderate throbbing (L) Forearm.		<b>Left Forearm Fracture:</b>	<b>Right Elbow:</b>
<b>A</b>	Penicillin & Sulfa (Rash) (No Medical Alert Device)	<b>O</b>	Salting, struck with shovel	Fell back onto Elbow = Direct impact.
<b>M</b>	Daily multi-vitamin	<b>P</b>	↑ movement	No change - Constant ache
<b>P</b>	Previously Healthy	<b>Q</b>	Moderate throbbing	“Deep” ache
<b>L</b>	Ate full meal 1 hour ago	<b>R</b>	Tingling in fingers	Down arm + tingling in fingers
<b>E</b>	Salting, struck with shovel	<b>S</b>	6/10	5/10
		<b>T</b>	5 minutes before team arrival	5 minutes before team arrival

**VITAL SIGNS:**

	Initial & 1 <sup>st</sup> set	2 <sup>nd</sup> Set	3 <sup>rd</sup> Set
<b>RESPIRATIONS</b>	18 shallow & regular	16 shallow & regular	18 shallow & regular
<b>PULSE</b>	98 strong & regular	92 strong & regular	88 strong & regular
<b>B/P</b>	134/86	132/82	134/76
<b>SKIN</b>	Cool, Slightly pale	Cool, Slightly pale	Cool, Slightly pale
<b>LOC</b>	Fully Conscious	Fully Conscious	Fully Conscious
<b>PUPILS</b>	Equal & reactive @ 4mm	Equal & reactive @ 4mm	Equal & reactive @ 4mm

**CASUALTY SIMULATION EXPECTATIONS: Patient #2 – “Salter”**

<b>Injury:</b>	<b>Casualty Simulation/ Acting Required:</b>	<b>Example:</b>
<b>CONSCIOUS</b>	<p>Patient is fully conscious throughout the scenario. Make sure they are aware of their own SAMPLE and OPQRST.</p> <p>This patient is also aware of patient 1’s name and age, so please make sure to speak with patient 1 for consistency.</p>	<b>X</b>
<i>Mild</i> <b>SHOCK</b>	Pale skin, but NOT ghost face!	<b>X</b>
<b>FRACTURE Left FOREARM (CLOSED)</b>	Mid-shaft fracture with moderate bruise on the anterior side of the forearm. Remember this was caused by a handle of the snow shovel and should have bruising which indicates this injury.	
<b>Moderate BRUSING to the RIGHT ELBOW</b>	Moderate bruising on Right Elbow from a hard fall onto the ice. This should be more red then blue at this point from not only the injury but also from the arm sitting on the cold surface.	