

2019

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

TEAM SCENARIO

Scenario # 2 – “Plow Down”

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 incident involving a snow plow and a pedestrian in the parking lot. 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.**

Scenario & Logistics INFORMATION - Scenario #2



(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 incident involving a snow plow and a pedestrian in the parking lot. 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) It does not matter the gender or age of your patient actor, but choose an adult or the older looking person as Patient 2 as they were driving the snow plow.
 - **Patient #1** “Pedestrian”
 - **Patient #2** “Driver”
- This is an outdoor environment a parking lot and the patient #1 (pedestrian) was walking through the already plowed area when they were struck by the plow which was backing up. This patient will have major bleeding with blood pooled on the ground around them, please make sure to protect the floors in the area!

PROPS for EACH square/team competing:

- 1x CPR MANIKIN (Youth/SFA) **or** 1x AIRWAY MANIKIN (AMFR/PRO)
- Floor protection (tarp/left over clear garbage bags??)
- Extra clothing for patient #1 in case clothing is cut by the teams.
- Back pack for Pedestrian to wear
 - wallet & ID inside on top
 - A bottled drink
- Headphones and a music player/phone in their ears as the distraction to allow for this scenario to unfold.
- 1x Medical Alert Bracelet “Seizures, Epilepsy” for patient #1.
- 1x bottle of 325mg ASA for muscle pain which is located in the plow.
- Cigarette and Matchbook for driver to try to light throughout scenario. (Simulated candy or rolled paper)

Scenario & Logistics INFORMATION - Scenario #2

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
- 2x Blankets
- AED Trainer (NO SHOCK INDICATED throughout, make sure it works!)

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.*

- 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!
- **18 minutes - 2 minute remaining** - indicate that patient # 1 “pedestrian” is to perform a dramatic 5 second long seizure and **STOP BREATHING/ NO PULSE!**
- **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.
- The Plow truck is currently turned on/running at the beginning of the scenario. Points are awarded for Hazards if the team states to turn off the truck!

JUDGES/ CASUALTY INFORMATION: Patient #1 – “Pedestrian”



Patient History Information - You are had been walking through the parking lot with your backpack and headphones on distracted by music playing. You were struck by a plow which was clearing the driveway and was backing up (didn't see you.) You were dragged underneath it for about 30 seconds sustaining life-ending injuries.

You will be non-responsive (eye or verbal) however responses to pain initially with decerebrate posturing (away from your core... see video from Zone Lead) but as the scenario continues, you stop responding at all and lay there lifeless. When the 2-minutes remaining signal is given, you need to perform a 5 second dramatic seizure then hold your breath (your breathing and heart have stopped.) The Judge will provide the team with a hidden manikin to place beside you for the teams to perform CPR/AED on.

HISTORY & PAIN SCALE (MFR/PRO):

- Unable to obtain on this patient as they are alone and unconscious
- Notable Wallet with ID is in the Backpack on top of items
- Patient is wearing a medical alert bracelet indicating “Seizures/ Epilepsy”
- No medications in the backpack.
- “As you find it” is acceptable term for judges to use when asked for SAMPLE/Patient info.

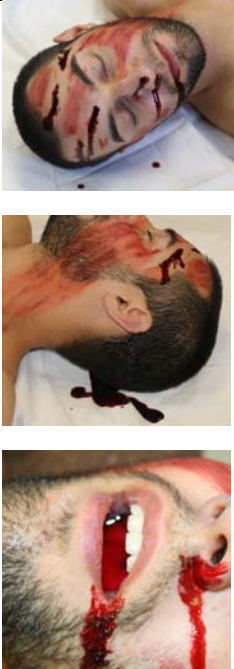


VITAL SIGNS:

	Initial & 1st Set	2nd Set	3rd Set	4th Set	Final Set (>18 min.)
RESPIRATIONS	38 Gaspings & Gurgling	34 Gaspings & Gurgling	14 Gaspings	8 Gaspings	0
PULSE	122 Bounding	90 Bounding	60 Weak	40 Weak	0
B/P	144/92	122/40	90/40	70/ unreadable	0 / 0
SKIN	Cool, Pale	Cyanotic	Cyanotic	Cyanotic	Cyanotic
LOC	Unconscious (posturing)	Unconscious (posturing)	Unconscious	Unconscious	Uncon.
PUPILS	Non responsive @4mm	Non responsive @ 5mm	Non responsive @ 5mm	Non Responsive @ 6mm	Blown @ 8mm

CASUALTY SIMULATION EXPECTATIONS: Patient #1 – “Pedestrian ”

Simulation Notes:

- Patient is wearing a medical alert bracelet indicating “Seizures/ Epilepsy”
- Patient has a Backpack in possession with ID/Wallet, bottled drink and miscellaneous books/etc. inside.

Injury:	Casualty Simulation/ Acting Required:	Example:
UNCONSCIOUS	Patient is UNCONSCIOUS throughout the entire scenario. Ensure they are aware of how to perform decerebrate posturing (video link provided) when teams cause the patient “pain.” Also that at the 2 minute remaining mark, the patient needs to perform a VERY dramatic seizure lasting only 5 seconds then they hold their breath while the teams hopefully re-check the vital signs and find the patient vital signs absent.	X
SEVERE SHOCK	Pale skin, with grey lips and ear lobes. Do not make them look like a ghost!	X
HEAD & NECK INJURIES	<ul style="list-style-type: none"> ➤ x5 lacerations to the face and forehead with road rash over entire face. ➤ Dramatic bruising behind the ears (both sides) ➤ Dramatic bruising under the eyes (both sides) ➤ Blood in Hair (Clots) from the back of the head ➤ Cut lip with blood in the mouth (for AMFR/PRO only) Airway compromise which will need to be suctioned! 	
Severe ABDO & CHEST INJURIES	<p>Dramatic Purple bruises to the entire abdomen and lower chest. (try to make the width and shape of tire treads from being run over) Flail/ Unstable Chest.</p> <ul style="list-style-type: none"> ➤ Gasping breaths consistent with multiple flail segments and rib fractures. <p><i>A note for judges: ribs are to be corrected to being “unstable” during the secondary survey</i></p>	
Severe Laceration to the LEFT THIGH	<p>Dramatic 4 inch Laceration to the side of the Left Thigh with large pool of blood soaking through clothes and on floor below. Pants can be pre-cut and tattered as if having been dragged by a snow plow.</p> <p><i>A note for judges: hips are to be corrected to being “unstable” during the secondary survey</i></p>	

JUDGES/ CASUALTY INFORMATION: Patient #2 – “Driver”



Patient History Information – You were plowing the driveway of the community shelter. It has been a long couple of days where you have been plowing for 18-20 hours a day and there is no end in sight. You were going slowly and were backing up to take a final pass through the parking lot when you felt a bump (its common in a snow plow to run over bumps in the snow) and you thought it was speedbump. You drove forward for the pass when you saw a backpack come shooting out from under your back wheels in the side mirror. When you got out, you saw a person under the truck and ran in for help.

You meet the team as they enter and screaming for them to help the “guy” under your truck. You continue to talk to the team if all 4 members are caring for patient #1. You are standing and walking around. Pull out a cigarette and try to light it. You are very anxious and will have increasing chest pain throughout the scenario. You need to constantly be upset and crying that you didn’t mean to hurt anyone. You are thinking you are having a heart attack. “If he/she dies, I don’t know what I will do.” Regardless of how the teams are trying to console you, you are inconsolable. Frequently ask them about how patient #1 is doing, and if you can help in any way.

HISTORY & PAIN SCALE (MFR/PRO):

SAMPLE/ HISTORY:		OPQRST: Chest Pain/ Anxiety	
S	Chest pain and SOB	O	Running to get help after striking pedestrian.
A	None	P	Nothing is helping, it continues to get worse on its own.
M	++ ASA for muscle pain X + days	Q	Crushing pain in the middle of the chest.
P	Previously Healthy, smoker x12 years	R	Numbness and Tingling in both hands
L	Coffee and a cigarette x 1hr ago	S	7/10 > 8/10 > 9/10 > 10/10 (if asked repeatedly)
E	Struck pedestrian	T	Struck pedestrian 30 seconds before coming for help.

VITAL SIGNS:

	Initial & 1 st Set	2 nd Set (if calmed)	3 rd Set (if calming continued)
RESPIRATIONS	40 irregular	32 irregular	30 irregular
PULSE	140 bounding	132 bounding	122 bounding
B/P	194/122	186/112	186/110
SKIN	Flushed	Flushed,pale undertones	Flushed,pale undertones
LOC	Fully Conscious	Fully Conscious	Fully Conscious
PUPILS	Equal & reactive @ 5mm	Equal & reactive @ 5mm	Equal & reactive @ 5mm

*** Vital signs (set 2 and 3) are only corrected to the numbers listed and points awarded for them ONLY IF the team is constantly attempting to calm the patient. If the team is not actively calming the patient, the subsequent vitals will be corrected to the 1st set numbers provided and “0” POINTS awarded.*

CASUALTY SIMULATION EXPECTATIONS: Patient #2 – “Driver ”

Simulation Notes:

- If teams offer the patient their ASA, tell them you (the casualty) had some about 1 hour ago, but if they think you need more, then you are willing to take it.
- SIMULATORS: Pre-check the candy used in your zone is not an allergen!

Injury:	Casualty Simulation/ Acting Required:	Example:
CONSCIOUS with SEVERE ANXIETY	Patient is fully conscious throughout the scenario. Make sure they are aware of their own SAMPLE and OPQRST. Patient needs to act extremely anxious with hyperventilation episodes, crying and be inconsolable. You are also having increasing chest pain. “feels like my heart is going to explode.”	
<i>Mild</i> SHOCK	Flushed with Pale skin undertones, but NOT ghost face!	