

## 2009

# 39th Annual Ontario Open First Aid Competition

### **CPR/AED** INDIVIDUAL SCENARIO - ARMBAND

It is May 2nd and your team is providing first aid support to the Western Fair.

There will be a 3 minute warning to the judges to signify the end of the primary survey.  
There will also be a 2 minute left signal for the team's benefit.

#### **Background (Competitors will not have access to this info)**

In this scenario, the competitor will be asked to attend to a casualty who is feeling unwell while at the Western Fair Grounds.

There is only one casualty (a male casualty sitting on the floor) and you, the judge, acting as a bystander.

You are not trained in first aid but you are available to call 9-1-1 for the competitor.

The casualty will complain of feeling a "pressure" in the chest as well as being dizzy, and short of breath (SOB). The casualty is an employee of the Western Fair and experienced the onset of symptoms after lifting some heavy boxes. The casualty will lose consciousness after the 3 minute elapsed warning and will be discovered to be in cardiac arrest – luckily the casualty lost consciousness near a wall-mounted AED Case. The competitor will be alone for this scenario, and will only have access to the equipment provided in the AED case.

The casualty will require 1 shock and 3 sets (less than 2 minutes) of **simulated** CPR compressions/ventilations before return of spontaneous circulation. The return will be signaled by a sudden gasp and moan by the casualty.

Once spontaneous circulation has returned, the casualty will remain essentially unresponsive (moaning to painful stimuli only), but breathing effectively and with a pulse throughout the remainder of the scenario.

This scenario will only take 10 minutes to complete, and competitors will then have 10 minutes to complete documentation. Competitors may use the judge as a bystander to call 9-1-1 and then direct them, upon their return, to record information about the casualty during the secondary survey. The bystander will take one minute to call 9-1-1 and return.

## INJURIES

- Adult casualty is conscious upon arrival of the competitor.
- Casualty will become VSA after three minutes of competitor being on scene.
- Will regain signs of spontaneous circulation if AED and CPR are applied – after 1 shock with AED and less than 2 minutes (3 sets of compressions/ventilations) of **simulated** CPR.
- If AED is not applied, the casualty will regain signs of spontaneous circulation after 10 cycles (approximately 4 minutes) of **simulated** CPR.

## CASUALTY PROMPTS

- Casualty is an adult male – **judge MUST ensure that actual CPR compressions and ventilations are NOT applied.**
- Casualty will be directed by the judge to become VSA after three minutes of competitor being on scene.
- Once spontaneous circulation returns, casualty will respond (moan) to painful stimuli only.
- Past Medical History: High Blood Pressure (information provided only if asked).
- Taking medication for hypertension; cannot remember name.
- Allergies to penicillin (severe) plus ragweed (mild). Casualty does not carry an auto injector.

## JUDGES' PROMPTS

- Judge informs competitor that the area is safe **only if asked.**
- 1<sup>st</sup> set of Vital Signs (prior to becoming VSA):

HR	120 regular/full
RR	20 regular/full
Skin	Pink, cool, and moist
LOC	Alert, able to answer questions and speak spontaneously
- 2<sup>nd</sup> set of Vital Signs (after becoming VSA):

HR	0
RR	0
Skin	Pale, cool, and moist
LOC	Unresponsive
- 3<sup>rd</sup> set of Vital Signs (after AED/CPR):

HR	100 regular/weak
RR	22 regular/shallow
Skin	pale, cool and moist
LOC	Unresponsive except to painful stimuli
- Casualty is awake and alert when competitor arrives and will complain of:
  - Pressure in the chest area
  - Dizzy
  - Short of Breath
  - Has felt "like he has the flu" since getting up this morning; did not take any medication for symptoms

## PROPS

- 6 Adult male casualties wearing disposable coveralls
- 6 SJA AED trainers with remote controls and pads suitable for use on a human chest (total of 15 spare pads available)
- 6 Accessory kits (attached to AED) with 2 pairs of gloves, 1 pocket mask with a one-way valve, 1 safety razor (blade removed or taped over), 1 face cloth, and 1 pair of scissors per kit
- 6 Clipboards for judges
- 6 spare pens (if competitor did not bring their own or their pen fails)
- 30 SJA Pre-hospital Care Records
- 6 first aid kits simulating AED wall-mounted boxes, appropriately labeled
- 6 cardboard boxes containing 2-3 kilograms of weight
- 6 tool belts containing a selection of small hand tools

**2009**  
**39th Annual Ontario Open**  
**First Aid Competition**

***Indoor Hallway*** INDIVIDUAL SCENARIO

**TEAM Information**

Please print the following information:

Team Number \_\_\_\_\_

Team Member #1 (Wrist Banded) \_\_\_\_\_

Team Member #2 (not Banded) \_\_\_\_\_

Judges' Name(s) \_\_\_\_\_

Page 4, Scene / Primary Survey      **Sub Total** \_\_\_\_\_  
(Possible 300)

---

Page 5, Secondary Survey      **Sub-Total** \_\_\_\_\_  
(Possible 110)

Page 6, First Aid Provided      **Sub-Total** \_\_\_\_\_  
(Possible 200)

Page 7, Head to Toe Survey      **Sub-Total** \_\_\_\_\_  
(Possible 150)

Page 8, Recording      **Sub-Total** \_\_\_\_\_  
(Possible 240)

**Secondary Survey/Treatment Points Total** \_\_\_\_\_  
(Possible 700)

**Total Points Awarded**

Primary + Secondary Total (Possible 1000)

**2009**  
**39th ANNUAL ONTARIO OPEN**  
**First Aid Competition**  
**Indoor Hallway - AED - Individual Scenario**

<b>SCENE / PRIMARY SURVEY:</b> This section is active for the first 3 minutes of the scenario only. During these first 2 minutes, the competitor may perform the actions that are both listed here and in the Secondary Survey. After the 2 minutes, the competitor is eligible to receive marks only in the Secondary Survey and no marks may be awarded in this Primary Survey. <i>Actions in this section may be done in any order.</i>		<b>A/S</b>	<b>P O I N T S</b>	<b>N O T D O N E</b>
1.1	Did a First Aider take charge of the situation? <i>(Casualty told not to move?)</i>	<b>S</b>	<b>20</b>	<b>0</b>
1.2	Did First Aider I.D. self?	<b>A/S</b>	<b>20</b>	<b>0</b>
1.3	Did First Aider obtain consent to help?	<b>A/S</b>	<b>20</b>	<b>0</b>
1.4	Did First Aider call out for help from by-stander(s)?	<b>S</b>	<b>20</b>	<b>0</b>
1.5	Were hazards assessed? <i>(Did the First Aider comment about their environment, or ask about hazards? No hazards present)</i>	<b>S</b>	<b>20</b>	<b>0</b>
1.6	Was box moved away from casualty?	<b>S</b>	<b>20</b>	<b>0</b>
1.7	Did First Aider put on protective gloves? <i>(Must actually be worn to receive points)</i>	<b>A</b>	<b>20</b>	<b>0</b>
1.8	Did First Aider determine if there are other casualties? <i>(There is only one casualty)</i>	<b>S</b>	<b>20</b>	<b>0</b>
1.9	Did First Aider determine/state the mechanism of injury? <i>(No C-spine injury; casualty sat down after feeling chest pressure)</i>	<b>A/S</b>	<b>20</b>	<b>0</b>
1.10	Did First Aider assess responsiveness? <i>(Casualty is fully responsive )</i>	<b>A</b>	<b>20</b>	<b>0</b>
1.11	Did First Aider assess airway? <i>(airway is clear)</i>	<b>A/S</b>	<b>20</b>	<b>0</b>
1.12	Did First Aider assess breathing? <i>(20, regular and full)</i>	<b>A</b>	<b>20</b>	<b>0</b>
1.13	Did First Aider assess the casualty's circulation - skin condition and temperature? <i>(Pink, cool and moist)</i>	<b>A</b>	<b>20</b>	<b>0</b>
1.14	Did First Aider perform a rapid body survey? <i>(No injuries found)</i>	<b>A</b>	<b>20</b>	<b>0</b>
1.15	Did First Aider activate EMS? <i>(By-stander available to do this, or competitor may use cell phone)</i>	<b>A</b>	<b>20</b>	<b>0</b>
<b>PAGE 4 SUB-TOTAL POINTS AWARDED</b>				
Primary Survey (Possible 300)				

<b>SECONDARY SURVEY:</b> Actions in this section may be performed by the competitor in the first 2 minutes of the scenario as well as the <b>Primary Survey</b> . After the first 2 minutes, this is the only section in which that that points shall be awarded. <i>Actions in this section may be done in any order.</i>		A/S	P O I N T S	N O T D O N E
2.0	<b>HISTORY OF THE CASUALTY:</b>			
2.1	Did the First Aider check for a medical alert device? <i>(none found)</i>	A/S	10	0
2.2	Did the First Aider ask casualty what happened?	S	10	0
2.3	Did the First Aider ask if casualty has any Past Medical History? <i>(High Blood Pressure)</i>	S	10	0
2.4	Did the First Aider ask bystander if casualty has any allergies? <i>(Penicillin, ragweed)</i>	S	10	0
2.5	Did the First Aider ask if casualty takes any medication? <i>(Does not remember name of blood pressure medication-did take it as prescribed this morning)</i>	S	10	0
2.6	Did the First Aider ask if casualty had eaten? <i>(Coffee and muffin for breakfast )</i>	S	10	0
2.7	Did First Aider ask casualty what happened before their arrival? <i>(casualty felt unwell since getting up this morning; thought he may have the flu; onset of chest pressure started during exertion)</i>	S	10	0
3.0	<b>CASUALTY'S VITAL SIGNS ASSESSMENT (Prior to becoming VSA)</b>			
3.1	Did First Aider determine Level of Consciousness? <i>(Fully responsive)</i>	A	10	0
3.2.	Did First Aider assess Respirations? <i>(Correct to 20 regular and full.)</i>	A	10	0
3.3	Did First Aider assess Pulse? <i>(Carotid or radial OK.) (Correct to 120 full and regular.)</i>	A	10	0
3.4	Did First Aider assess Skin Condition & Temperature? <i>(Correct to pink and moist)</i>	A/S	10	0
<b>PAGE 5 SUB-TOTAL POINTS AWARDED</b>				
Secondary Survey (Possible 110)				

4.0	<b>FIRST AID PROVIDED</b>			
4.1	Did First Aider assess responsiveness when casualty becomes unresponsive?	A/S	10	0
4.2	Did First aider direct bystander to update EMS?	S	10	0
4.3	Did First Aider open airway? ( <i>Head tilt, chin lift or jaw thrust</i> )	A/S	10	0
4.4	Did First Aider assess breathing for no more than 10 seconds? ( <i>Casualty not breathing</i> )	A/S	10	0
4.5	Did First Aider give 2 <i>simulated</i> breaths of no more than 1 second each, using a protective device?	A/S	10	0
4.6	Did First Aider assess for signs of circulation for no more than 10 seconds? ( <i>No pulse detected, no cough, no spon. breathig</i> )	A/S	10	0
4.7	Were the AED pads applied correctly?	A/S	10	0
4.8	Did the First Aider ensure that no one was touching the casualty prior to shocking the casualty, before the 1 <sup>st</sup> shock was administered?	A/S	20	0
4.9	Did the First Aider provide adequate CPR compressions following the first shock? ( <i>30:2 ratio for 3 sets</i> )	A	20	0
4.10	Did the First Aider stop CPR immediately upon the casualty showing signs of consciousness? ( <i>Gasp of air and a moan</i> )	A	20	0
4.11	Did the First Aider reassess the casualty's airway?	A	20	0
4.12	Did the First Aider reassess the casualty's breathing? ( <i>Breathing present and distress free</i> )	A	20	0
4.13	Did the First Aider reassess the casualty's circulation? ( <i>must include assessment for signs of circulation – pulse check, or questions about spontaneous movement, etc – and assesses skin condition/temperature</i> )	A	20	0
4.14	Did the First Aider obtain a set of vital signs once casualty was resuscitated? ( <i>Pulse 100, regular/weak, breathing 22, regular/shallow, skin pale/cool/moist, LOC responsive to painful stimuli only</i> )	A	10	0
<b>PAGE 6 SUB-TOTAL POINTS AWARDED</b>				
First Aid Provided			(Possible 200)	

5.0	<b>Head To Toe Survey: If First Aider performs any portion of this section prior to the casualty becoming VSA, they will receive the marks as well as any portion performed after the casualty is resuscitated.</b>			
5.1				
	Check scalp? <i>(Clear)</i>	<b>A</b>	<b>10</b>	<b>0</b>
5.2	Check eyes? <i>(Pupils PERL but sluggish)</i>	<b>A</b>	<b>10</b>	<b>0</b>
5.3	Check nose? <i>(Clear)</i>	<b>A</b>	<b>10</b>	<b>0</b>
5.4	Check mouth? <i>(Clear)</i>	<b>A</b>	<b>10</b>	<b>0</b>
5.5	Check jaw? <i>(Clear)</i>	<b>A</b>	<b>10</b>	<b>0</b>
5.6	Check ears? <i>(Clear – no fluid)</i>	<b>A</b>	<b>10</b>	<b>0</b>
5.7	Check neck? <i>(Clear – no deformity)</i>	<b>A</b>	<b>10</b>	<b>0</b>
5.8	Check collarbones? <i>(Clear)</i>	<b>A</b>	<b>10</b>	<b>0</b>
5.9	Check shoulders? <i>(Clear)</i>	<b>A</b>	<b>10</b>	<b>0</b>
5.10	Check both arms/hands? <i>(Clear)</i>	<b>A</b>	<b>10</b>	<b>0</b>
5.11	Check chest? <i>(Clear – no deformity)</i>	<b>A</b>	<b>10</b>	<b>0</b>
5.12	Check abdomen? <i>(Clear – no rigidity, etc.)</i>	<b>A</b>	<b>10</b>	<b>0</b>
5.13	Check back? <i>(Clear)</i>	<b>A</b>	<b>10</b>	<b>0</b>
5.14	Check pelvis? <i>(Clear)</i>	<b>A</b>	<b>10</b>	<b>0</b>
5.15	Check both legs/feet? <i>(Clear – no deformity)</i>	<b>A</b>	<b>10</b>	<b>0</b>
<b>PAGE 7 SUB-TOTAL POINTS AWARDED</b>				
Head To toe Survey (Possible 150)				

6.0	<b>RECORDING</b>			
6.1	Was the date and time recorded?	<b>A</b>	<b>20</b>	<b>0</b>
6.2	Was the casualty's information recorded? <i>(Competitor must make notation, either "could not obtain (CNO)" or information unavailable, etc.)</i>	<b>A</b>	<b>20</b>	<b>0</b>
6.3	Was the First Aider's information recorded?	<b>A</b>	<b>20</b>	<b>0</b>
6.4	Was it noted that the casualty lost consciousness after arrival of First Aider	<b>A</b>	<b>20</b>	<b>0</b>
6.5	Was the "CARDIAC ARREST/AED TREATMENT" section of the Patient Care Record completed? <i>(must be complete and accurate)</i>	<b>A</b>	<b>20</b>	<b>0</b>
6.6	Was any event/incident history recorded <i>(i.e. Casualty felt unwell today, chest pressure after exertion, etc)</i>	<b>A</b>	<b>20</b>	<b>0</b>
6.7	Was it documented that the casualty regained signs of circulation after 1 shock, and 3 rounds of CPR?	<b>A</b>	<b>20</b>	<b>0</b>
6.8	Were the vital signs recorded (once casualty resuscitated)? <i>(no mark if time not recorded)</i>	<b>A</b>	<b>20</b>	<b>0</b>
6.9	Was the casualty's Allergies recorded	<b>A</b>	<b>20</b>	<b>0</b>
6.10	Was the casualty's Medications recorded	<b>A</b>	<b>20</b>	<b>0</b>
6.11	Was the casualty's Past Medical History recorded? <i>(High Blood Pressure)</i>	<b>A</b>	<b>20</b>	<b>0</b>
6.12	Were the casualty's feelings "flu" recorded?	<b>A</b>	<b>20</b>	<b>0</b>
<b>PAGE 8 SUB-TOTAL POINTS AWARDED</b>				
Recording (Possible 240)				