

O-P-Q-R-S-T

- **Onset:** The onset of pain can provide important clues to its origin. What was the casualty doing when the pain started? Did the pain come on gradually or suddenly?
- **Provocation:** What makes the pain worse and what relieves it – may be rest, position or medication.
- **Quality:** Ask the casualty to describe the pain in their own words – Is it sharp, dull, constant, coming and going?
- **Radiation:** Does the pain spread to any other regions of the body?
- **Severity:** How severe is the pain? Use a verbal pain score to rate the pain. For adults the start point is 0 i.e no pain and end point is 10 – worst pain imaginable.
- **Timing:** How long has the casualty had the pain? Is it getting worse/better/staying the same over time?



Opqrst Sample Study Guide

**Bryan E. Bledsoe, Robert S.
Porter, Richard A. Cherry**

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Aehlert's EMT-basic Study Guide Barbara Aehlert, 1998-01-01 The author a well known and respected specialist in the field provides the reader with authoritative coverage of what the EMT needs to know perfectly balanced between the question bank and the more comprehensive traditional text The presentation is clear and concise making the text an excellent addition to the EMT student's resources as well as a perfect tool to use in reviewing for refresher courses **ACLS Study Guide - E-Book** Barbara J Aehlert, 2021-08-05 NEW Updated content includes the latest guidelines from the American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care and the International Consensus on Cardiopulmonary Resuscitation and Emergency Cardiovascular Care Science with Treatment Recommendations NEW 20 new illustrations are added to the book's hundreds of illustrations **Outdoor Emergency Care: A Patroller's Guide to Medical Care** Edward C. McNamara, David H. Johe, Deborah A. Endly, 2020-05-07 Update July 1 2024 The Outdoor Emergency Care course has migrated to NSP's Center for Learning Platform From July 1 December 31 2024 NSP will offer both the Navigate Advantage Access Navigate and NSP Center for Learning Hybrid versions of the course Prior to enrolling verify with your instructor which course to choose Students enroll in either course through the NSP Center for Learning from the nsp.org website For students enrolled in the Outdoor Emergency Care Navigate version of the course please purchase either the Advantage Access fully digital or Paperback Advantage textbook to access the online course materials You will access the course portal via the Navigate Advantage Access code provided with your textbook For students enrolled in the Outdoor Emergency Care Hybrid version of the course please do not purchase the Advantage Access digital only version of the textbook You will access the course from your NSP Center for Learning Developed in partnership with the National Ski Patrol Outdoor Emergency Care A Patroller's Guide to Medical Care Sixth Edition is designed to prepare first responders to handle any medical situation in the outdoor environment during all seasons The Sixth Edition features A straightforward consistent patient assessment process The patient assessment process is presented in the same way patients are assessed in the health care system Flowcharts are provided throughout the Patient Assessment chapter to keep the reader focused on each step of the process Up to date content As you read through each chapter you will find new information that is current with present prehospital patient care Subject matter that meets and in many cases exceeds the National Emergency Medical Responder criteria Information unique for ski and bicycle patrollers including extrication is included This material is presented in a format that combines the disciplines of urban EMS and wilderness medical rescue Continuous case studies A continuous case study is included in each chapter to encourage critical thinking and application of the information as readers progress through the chapter End of chapter review questions The review questions included at the end of each chapter allow students to evaluate the knowledge they have gained while reading the chapter Focus on learning objectives Specific objectives listed at the beginning of each chapter tell students at the outset what they are

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