

EMERGENCIES CHEAT SHEET



@MEDICS_ABUSRIFF

Helpful Mnemonics to help you quickly recall the essential Pharmacological interventions for various medical emergencies.

ASTHMATIC ATTACK

Mnemonic:- ASTHMA-O
Epinephrine-Oxygen
Anti-Histamines
Nebulizer
Inhalation
Nebulizer (Surfactant & Saline) & Nebulizer (Cholinergic)

SEIZURE

Mnemonic:- BALD

Breathing (Assess airway) & (Diaphragm or Larynx) & (Oxygen)
Anticonvulsants (Phenobarbital or Levetiracetam)
Lorazepam (Remeasure & Repeating dose of Benzodiazepines)
Dantrolene (Remeasure of Hyperglycemia & then -Dantrolene)

STROKE

Mnemonic:- ACT FAST

Platyparesis (Facial or limb weakness for Thrombolytic)
Central BP
Hemiparesis (One side of the body)
Urgency
Anti-Coagulants (In case of stroke)
Nausea (in Subacute - Thrombolytic)
Tremors (Thrombolytic)

ACUTE HEART FAILURE

Mnemonic:- LM- NOP

Labetalol (Non-selective α & β-Blocker)
Morphine (For Anxiety & Vasodilation)
Nitrate (Nitroglycerin)
Oxygen (Supplemental)
Position (Elevate head of bed)

MYOCARDIAL INFARCTION

Mnemonic:- MONA - TAS

Morphine - Anti-Coagulants
Oxygen - Sedative (if necessary)
Nitroglycerin
Aspirin
Thrombolytics

ACUTE PANCREATITIS

Mnemonic:- PANCREAS

Anti-Histamine
Metoclopramide (in Case of Diarrhea)
NSAID
Calcium (Milk) & Magnesium (if Hypercalcemia)
NSAID
Metoclopramide (Milk) & Magnesium (if needed)
NSAID
Omeprazole (in Case of Ulcers) & Oxygent

PULMONARY EMBOLISM

Mnemonic:- ABC - H

Anti-Coagulants - Heparin, LMWH or Warfarin
Blood薄壁管 - D-dimers, D-dimers, D-dimers
Clot busters - Thrombolytics (eg - Alteplase)
Hepatic Monitoring through aPTT

ANAPHYLAXIS

Mnemonic:- EASY

Epinephrine
Anti-Histamines
Steroids
You administer O₂ & Fluids

SEIZURE - 2

Mnemonic:- DIZEREPIM

Depot
IV or IM administration
Diazepam - Short
Dexam (Monitor for Seizure, depression)
Effectiveness (Monitor for Response)
Inhalation (B-2 and Nitro)
Drowsiness (Lorazepam)

SEPTIC SHOCK

Mnemonic:- SEPSIS

Start (Fluids & IV Serum-Hypotension)
Empiric (Antibiotics (Initial - Empiric))
Inhalation (O₂ - Intubation/ventilator)
Sedatives
Inotropes (IV - myocardial dysfunction)
S-calcium (central line/arterial line monitoring)

DIABETIC KETOACIDOSIS

Mnemonic:- FLUIDS

Fluorite (IV for re-hydration)
Lactate monitoring (Glucose & Electrolytes esp K⁺)
Oral (outpatient) (Calcium & Magnesium)
Insulin (IV infusion)
Dextrose (infusion of Glucose < 250 mg/dL to prevent hypoglycemia)
Sodium Bicarbonate (For severe acidosis)

THYROTOXICOSIS

Mnemonic:- 5 B's

Block Synthesis (Methimazole or PTU)
Block Release (Iodine - Solution)
Block Beta - Blocker (Propranolol)
Block T4 to T3 Conversion (Steroids)
Bed rest & Cooling (Supportive Care)

HYPERTHYROIDISM

Mnemonic:- C BIG - K DROP

Calcium - Glucagon (Stabilize Myocardiotoxic)
Bicarbonate (Shift K⁺ into cells)
Insulin (Mannitol - Glucose to Shift K⁺ into cells)
Diazepam
Magnesium (Ca²⁺ - Polyvalent Salt Formate)
Dexamethasone (Dexamethasone)

HYPERTENSIVE CRISIS

Mnemonic:- PLACE - GS

Thiazide
Labetalol (α & β-Blocker)
ACE Inhibitors (Captopril)
Calcium Channel Blocker (Nifedipine)
Nimodipine (Cerebral) Continuous Monitoring w/ ECG
Dihydropyridine
Sodi-methoxsalene

ANAPHYLAXIS - 2

Mnemonic:- EPI PEN

Epinephrine
Phenylephrine/Position the pt lying flat,
IV Fluids
PEEP (Positive End-Expiratory Pressure)
Emergency (Call for help)
Nal - Broncho dilators, eg - Albuterol

OPIOID OVERDOSE

Mnemonic:- NOPE

Methocaine (Inhalating)
Oxygen (Supplemental)
Position the pt in Recovery position
Evaluate (Continuous Monitoring for further toxicity)

BRADYCARDIA (Unstable)

Mnemonic:- PRICE - B

Resuscitation (Trans-cutaneous, Pacing if needed)
Atropine
Catecholamines (eg - Dopamine or epinephrine)
Evaluate (Continuous Monitoring off Nitro, Nitro, Beta - Agonist (Terbutaline))

HYPOCALCEMIA

Mnemonic:- CATS

Calcium - Gluconate
Active Vit. D (Calcitriol)
Thiazide Diuretics (if due to Hypercalcemia)
Seizure Precautions

CARDIAC ARREST

Mnemonic:- EVAL CAB

Epinephrine
Metoclopramide
Bicarbonate (For Ventricular Fibrillation)
Lidocaine
Calcium
Atropine
Glucagon

PULMONARY EDEMA

Mnemonic:- MAD DOG

Morphine (For Anxiety & Vasodilation)
Furosemide (Loop / Potassium-Sparing)
Digitalis (Only in specific cases)
Dantrolene (For Sunstroke)
Oxygen (Supplemental)
Gentamycin (RIF)

HYPOGLYCEMIA

Mnemonic:- D-GIVE

Dextrose (Glucose IV if Unconscious)
Glucagon / Glucose (Admixture PO if conscious)
Insulin Adjustment (if necessary)
Verify Blood glucose frequently
Educate & Prevention

Paramedic Cheat Sheets

Richard McMunn

Paramedic Cheat Sheets:

Nancy Caroline's Emergency Care in the Streets Nancy L. Caroline,American Academy of Orthopaedic Surgeons (Aaos),2017-08-15 This fully updated training system covers every competency statement of the National EMS Education Standards for Paramedics with clarity and precision in a concise format that ensures student comprehension and encourages critical thinking *The Dynamic Fire Chief* Craig Haigh,2022-06-06 The Dynamic Fire Chief Principles for Organizational Management seeks to bridge the gap between service delivery management of street level operations and the executive level management needed by a five bugle wearing CEO Whether you lead a paid or volunteer department the management skills needed to lead a successful department are the same Fire chiefs today are responsible for how emergency services are provided to the community as well as finances human resources legal issues marketing compliance vision casting and succession planning Many fire service leaders fail to understand that financial management is the lifeblood of attaining the resources needed to allow effective fireground operations Most fire chiefs get to the top spot by being good firefighters and officers but they are challenged because they were never actually trained to be an organizational CEO The Dynamic Fire Chief serves as a how to guide to help fire chiefs navigate some of the more challenging topics of organizational leadership Craig A Haigh the 2012 Illinois Career Fire Chief of the Year and recipient of the 2019 International Association of Fire Chiefs Chief Alan Brunacini Executive Safety Award shares his unvarnished stories of personal success and failure from his 30 year career as a fire chief FEATURES Money management Strategic planning Employee recruitment Hiring Performance reviews Employee discipline Relationships with peers **Confessions of a Trauma Junkie** Sherry Lynn Jones,2017-04-03

Confessions of a Trauma Junkie Sherry Jones Mayo,2009-01-01 Mayo an Emergency Medical Technician Emergency Room Nurse and an on scene critical incident debriefer after Hurricane Katrina details a progression from innocence to enlightened caregiver to burnout providing personal and professional glimpses into each stage **Nancy Caroline's Emergency Care in the Streets Test** American Academy of Orthopaedic Surgeons (AAOS),,Nancy L. Caroline,Bob Elling,Mike Smith,2012-08-16 Nancy Caroline's Emergency Care in the Streets Seventh Edition is the next step in the evolution of the premier paramedic education program This legendary paramedic textbook was first developed by Dr Nancy Caroline in the early 1970s and transformed paramedic education Today the American Academy of Orthopaedic Surgeons is proud to continue this legacy and set the new gold standard for the paramedics of tomorrow The Seventh Edition reflects the collective experience of its top flight author team and decades of street wisdom This fully updated edition covers every competency statement of the National EMS Education Standards for paramedics with clarity and precision in a concise format that ensures student comprehension and encourages critical thinking This edition emphasizes the ideal that becoming a paramedic is a continual pursuit of growth and excellence throughout an entire career Concepts of team leadership and professionalism are woven throughout the chapters challenging students to become more compassionate conscientious

health care professionals as well as superior clinicians [Nancy Caroline's Emergency Care in the Streets Essentials Package](#) American Academy of Orthopaedic Surgeons (AAOS),2022-07-29 Nancy Caroline s Emergency Care in the Streets Essentials Package includes ContentInstructionStudent Learning MaterialsTextbookInstructor GuidePractice Activities Audiobook Assessments Analytics Slides Only available when assigned by instructors Nancy Caroline s Emergency Care in the Streets Ninth Edition is the newest evolution of the premier paramedic education training program This legendary paramedic textbook was first developed by Dr Nancy Caroline in the early 1970s and transformed paramedic education Today lead editors Bob Elling and Barb Aehlert along with the American Academy of Orthopaedic Surgeons are proud to continue this legacy and set the new gold standard for the paramedics of tomorrow The Ninth Edition offers cutting edge evidence based content that meets or exceeds the most current scientific recommendations developed by the International Liaison Committee on Resuscitation ILCOR and the ECC Guidelines established by the American Heart Association and other resuscitation councils around the world Clear chapter objectives align with the 2019 National EMS Scope of Practice Model and 2021 EMS Education Standards Thoroughly reviewed by medical doctors and subject matter experts the Ninth Edition teaches students the technical skills required of today s paramedic while emphasizing other important professional attributes including critical thinking empathy teamwork communication problem solving and personal well being Taking a systemic approach to the assessment and management of traumatic and medical emergencies and devoting entire chapters to special topics such as mass casualty incidents the Ninth Edition covers the full scope of paramedic practice Some of the key high level updates to the Ninth Edition include the following Language carefully reviewed throughout text to ensure gender neutrality racial inclusivity and nonstigmatizing descriptions of patient conditions NEW Street Smarts boxes throughout the text to emphasize the soft skills expected of today s paramedics Images updated to reflect appropriate PPE in the current COVID 19 setting Added emphasis on current spinal motion restriction guidelines Thoroughly reviewed and updated references statistics and case studies CPR and ACLS algorithms updated throughout text to reflect the current AHA guidelines 2023 2400 pages *Successful Meetings* ,1998-10 *OnTrack* ,2010 *Flight for Life* Opal Cavitt,1991

Florida Administrative Weekly ,1992 **Video Sourcebook Supplement** Furtaw,1994-03 **The Times Index** ,2009 Indexes the Times Sunday times and magazine Times literary supplement Times educational supplement Times educational supplement Scotland and the Times higher education supplement *Cut to the Core* Kristen Alexander,2025-11-21 This book is a straight talking guide to what paramedic school truly feels like It doesn t sugarcoat the long nights the pressure or the self doubt that hits harder than most students expect Instead it offers an honest look at the emotional and mental struggles that every future paramedic faces The preface makes one thing clear struggling doesn t mean you re failing it means you re on the same path every successful paramedic has walked What sets this book apart is what s inside it Alongside the real unfiltered truth you ll find practical hacks cheat sheets study shortcuts and real world

tricks learned the hard way by someone who survived paramedic school themselves These aren't classroom theories they're the small advantages mindset shifts and on the ground tips that help you push through the toughest parts of the program This book exists to prepare you to support you and to remind you that you're not alone in the moments when you question everything It doesn't promise an easy journey but it does promise that you can make it through With resilience the right tools and a refusal to quit you'll reach the finish line and when you do earning that patch will make every challenge worth it

EMT Paramedic National Standards Charly D. Miller, 1996-11 Worried about that Paramedic exam Here's a book written to help you study for this important test If you can pass the self tests in this book with a score of 90% or better you're ready for the big exam **Assessment Skills For Paramedics** Blaber, Amanda, Harris, Graham, 2011-10-01 A concise and accessible text designed for paramedics and student paramedics looking for a quick reference guide to key assessment skills

EBOOK: Assessment Skills for Paramedics Amanda Blaber, 2016-02-16 This 2nd edition is the ideal resource for paramedics and student paramedics looking for a quick reference guide to help develop or refresh their assessment skills with up to date knowledge This handy pocket sized book can be used by students for exam revision by paramedics and emergency care staff en route to a call or clinicians who are working in other clinical environments such as urgent care centres to revisit key points and further refine their skills Divided into body systems the book takes the reader through the considerations and actions required for each type of emergency presentation The book also Takes an approach that mirrors current UK and international practice Features a cardiovascular chapter which includes sepsis red flag sepsis and The UK Sepsis Trust Pre hospital Sepsis Screening and Action Tool Uses red flags to highlight where immediate action may be needed and identifies appropriate actions to be taken Has been updated where applicable against the current Ambulance Clinical Guidelines and the National Institute for Health and Care Excellence Guidelines Considers the social ethical and legal factors that might impact on care Includes specific chapters in the specialist fields of paediatric assessment and neonatal assessment and care Has been updated for this 2nd edition with new chapters on the assessment of minor injuries and minor ailments Features extra web links for further reading at the end of chapters and a new book glossary Uses mnemonics cases and diagrams to demonstrate and reinforce key points with many new diagrams for this edition Written by experienced paramedics specialist health care professionals and doctors this book will enhance knowledge and encourage accurate timely and thorough assessment of patients across the lifespan This book clearly sets out and balances the critical unscheduled and urgent care assessment priorities for paramedic students and those who are looking to refresh their skills The content depth of discussion and signposting within the book clearly highlight and discuss critical points for the reader which are supported with appropriate supporting evidence We recommend this book to all of our paramedic students and it should be an essential purchase for all discerning paramedic students whether they are embarking on their studies or refreshing and updating their skills Mark Nevins Programme Leader Paramedic Practice Programme Teesside University UK

This second edition draws on additional guidelines and best practice to elegantly illustrate the fundamental knowledge and skills required to undertake a comprehensive evidence based approach to patient assessment. The book builds on the plethora of knowledge and understanding of patient assessment from common presentations through to complex specialisms which require a focused and often prompt response from the out of hospital care provider. This book is ideally suited to the undergraduate paramedic student along with experienced paramedics wishing to review their assessment techniques. John Donaghy Principal Lecturer and Professional Lead Paramedic Science University of Hertfordshire UK **Paramedic** The Red to Black Editing Co, 2020-05 Essential quick reference for both the paramedic student and the practicing field provider. This 6 page durably laminated guide complements many textbooks and highlights key points that you may be asked on the National Registry or state exams. Organized according to the key categories identified in the US Department of Transportation guidelines for paramedic studies it clearly and concisely covers areas that have traditionally caused students angst such as medication mathematics acid base balance and cardiology. Includes what field providers will face during testing and practice while focusing on some real world examples from current state protocols to solidify core concepts. Developed by William Bill Dino MS NRP former instructor for ACLS PALS and CPR professor of paramedicine and current owner of Red to Black editing his experience as an educator and author has provided a powerful tool to help those who have made it their mission in life to help others. This guide is by far the least expensive and powerful tool you need so add it to your toolbox to help in study or practice. 6 page laminated guide includes Introductory Concepts Death and Dying Health and Nutrition Ethics Duty to Act Medical Direction Continuing Research Injury Prevention Medico Legal Issues Regional State and Federal Agencies Regulatory Agencies Licensing and Certifications Good Samaritan Laws Patient Restraint Patient Transport Patient Refusal of Transport Resuscitation and Cessation of Resuscitation Terminology and Documentation Body Systems Overview Cell Structure Tissue types Body Systems Acid Base Balance Physiology Pathophysiology Medical Trauma Airway Pharmacology Interactions Special Considerations Drug math Infusions Fluid Infusions over Time Behavioral Emergencies General Principals Suicidal Ideation Delusions Anxiety Schizophrenia Psychosis **Paramedic Interview Questions and Answers** Richard McMunn, 2012 The ultimate guide to anyone who is serious about passing the selection interview for becoming a Paramedic. It contains lots of sample interview questions and answers to assist you during your preparation and provides advice on how to gain higher scores. Created in conjunction with serving Paramedics this comprehensive guide includes How to prepare for the interview to ensure success. Gaining higher scores in order to improve career opportunities. Sample interview questions Answers to the interview questions Insider tips and advice Advice from serving Paramedics back cover **Paramedic Pocket Reference** Bryan E. Bledsoe, 1992 **EMS Notes** Ehren Myers, 2009-04 A DAVIS S NOTES BOOK Comprehensive but succinct this pocket sized guide delivers all of the essential facts and clinical information you need in the field and in the ED. From common medications through interpreting 12 lead ECGs to current algorithms and

procedures you'll find them in the handy Davis's Notes format with spiral binding waterproof reusable pages and quick reference tabs

The Top Books of the Year Paramedic Cheat Sheets The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous engrossing novels entralling the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the engaging narratives that have captivated audiences this year. The Must-Read : Colleen Hoovers "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Paramedic Cheat Sheets : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and gripping novel that will keep you guessing until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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