

EMERGENCIES CHEAT SHEET



@MEDICS_ABUSAF

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

ASTHMATIC ATTACK

Mnemonic:- **ASTHMA - O**

Adrenergic (SABA) eg- Albuterol Oxygen
Steroids (Inhaled or Systemic)
Theophylline
Hydration
Magnesium Sulfate (Severe Cases)
Anticholinergic (Ipratropium)

SEIZURE

Mnemonic:- **BALD**

Barbiturates (Diazepam or Lorazepam)
Anticonvulsants (Phenytoin or Levetiracetam)
Load (Administer a loading dose of Anticonvulsants)
Control (Administer if Hypoglycemia is the Cause)

STROKE

Mnemonic:- **ACT FAST**

Aspirin/Platelet Inhibitor if not Contraindicated for Thrombolysis
Control BP
Thrombolysis (Use IV within the specific time)
Flarmastats
Anti-Coagulants (in case of a bleed)
Treat the Underlying Predisposing
Thrombolysis

ACUTE HEART FAILURE

Mnemonic:- **LM - NOP**

Lasix (Furosemide as a Diuretic)
Morphine (for Anxiety & Vasodilation)
Nitrate (Vasodilation)
Oxygen (Supplemental)
Position (Elevate head of bed)

MYOCARDIAL INFRACTION

Mnemonic:- **MONA - TAS**

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

ACUTE PANCREATITIS

Mnemonic:- **PANCREAS**

See Below (Morphine)
Antibiotics (in case of infection)
PO
Calcium (Monitor & Replace if Hypocalcemia)
Aspirin
Insulin (Monitor & Replace if needed)
Anti-Coagulants
Supportive Care (IV Fluids & Oxygen)

PULMONARY EMBOLISM

Mnemonic:- **ABC - H**

Anti-Coagulants:- Heparin, LMWH or Warfarin
Blood Thinners - Dose carefully (DO NOT use Aspirin, Ibuprofen)
Clot busters - Thrombolytics eg- Alteplase
Heparin Monitoring through aPTT

ANAPHYLAXIS

Mnemonic:- **EASY**

Epinephrine
Anti-Histamines
Steroids
You administer O₂ & Fluids

SEIZURE - 2

Mnemonic:- **DIAZEPAM**

Diazepam Monitor vital Signs
IV but administration
Administer Slowly
Zero (Monitor for zero resp. depression)
Effectiveness (Monitor for Response)
Phenytoin as 2nd line
Lowest (Lowest dose)

SEPTIC SHOCK

Mnemonic:- **SEPSIS**

Start Fluids (IV for re-hydration)
Empiric Antibiotics (Broad-spectrum)
Pressors (e.g. Norepinephrine)
Steroids
Inotropes (if myocardial dysfunction)
Source control (Cause of infection)

DIABETIC KETOACIDOSIS

Mnemonic:- **FLUIDS**

Fluids (IV for re-hydration)
Laboratory work up (Glucose, urea, & Electrolytes esp. K⁺)
Urine output (Monitor & Maintain)
Insulin (IV infusion)
Dextrose (Subcutaneous if Glucose < 250 mg/dL to avoid 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 Thy to T3 Conversion (Steroids)
Bed rest & Cooling (Supportive Care)

HYPERKALEMIA

Mnemonic:- **C BIG K DROP**

Calcium Gluconate (Stabilize Myocardium)
Bicarbonate (Shift K⁺ into cells)
Insulin (With Glucose to Shift K⁺ into cells)
Glucose
Kayexalate (Na⁺ Polystyrene Sulfonate)
Dialysis/Dialysis

HYPERTENSIVE CRISIS

Mnemonic:- **PLACE - GS**

Phenolamine
Labetalol (Administer IV B-Blocker)
ACE Inhibitors (Enalapril)
Calcium Channel Blocker (Nicardipine)
Esmolol / Esmolol (Continuous Monitoring of BP)
Syringe Titration
Lab. Nitroprusside

ANAPHYLAXIS-2

Mnemonic:- **EPI PEN**

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

OPIOID OVERDOSE

Mnemonic:- **NOPE**

Naloxone (Immediate)
Oxygen (Supplemental)
Position the pt. in Recovery position
Evaluate (Continuous Monitoring for further doses)

BRADYCARDIA (Unstable)

Mnemonic:- **PACE - B**

Pacemaker (Transcutaneous Pacing if needed)
Atropine
Catecholamines (eg- Dopamine or epinephrine)
Evaluate (Continuous Monitoring of Vital Signs)
Beta Agonist (Isoproterenol)

HYPOCALCEMIA

Mnemonic:- **CATS**

Calcium Gluconate
Active Vit. D (Calcitriol)
Thiazide Diuretics (if due to hypercalcaemia)
Seizure Precaution

CARDIAC ARREST

Mnemonic:- **EVAL CAB**

Epinephrine
Vasopressin
Amiodarone (for Ventricular Fibr/Tachy)
Lidocaine
Calcium
Atropine
Bicarbonate

PULMONARY EDEMA

Mnemonic:- **MAD DOG**

Morphine (for Anxiety & Vasodilation)
Nitroglycerin (for Bronchodilation & PVR)
Diuretics (in specific cases)
Diuretics (Furosemide)
Oxygen (Supplemental)
CABG CABG

HYPOGLYCEMIA

Mnemonic:- **D - GIVE**

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

Paramedic Cheat Sheets

Bryan E. Bledsoe

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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 Content Instruction Student Learning Materials Textbook Instructor Guide Practice 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 *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 **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 *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 compliments 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

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