



Wilderness First Aid – Assessment Model

Scene Survey

H	Hazards – is there anything in the area that could cause problems or injuries
E	Environment – is the area hot...cold...toxic...unstable...etc...
M	Mechanism of Injury – what happened to cause the injury or condition...is a spinal injury probable
P	People – how many people need help and are available to help
S	Severity – how serious does the situation appear to be initially

Primary Survey

A	Check Simultaneously for 5-10 seconds	Airway – does the Airway appear to be clear...is air moving in and out
B		Breathing – does the Breathing appear normal and adequate
C		Circulation – do they appear to be bleeding or injured...is their skin normal
Critical Interventions		Quickly manage immediately life threatening conditions...treat for shock

Secondary Survey

Interview – Subjective Assessment	
S	Signs and Symptoms – what is hurting the most or causing the most discomfort
O	Onset – did this happen suddenly or gradually
P	Provokes – is there anything that makes the pain better or worse
Q	Quality – sharp...dull...throbbing...aching...stabbing...burning...crushing...squeezing...tingling...etc...
R	Radiating – where is the pain; and does it stay in one spot or move to other areas
S	Severity – how bad is the pain on a scale of 1-10
T	Timing – when did the pain start; and does it come and go or stay constant
A	Allergies – are you allergic to anything...and have you been recently exposed
M	Medications – do you take medication...have you taken too much...too little...missed them...new ones recently
P	Previous Medical History – relevant medical conditions or past incidents; diabetes...high BP...asthma...etc
L	Last Meal – what and when did you last eat or drink...is that normal for you
E	Events Leading Up To – what were you doing when the pain or discomfort started

Vital Signs – Objective Assessment	
Consciousness - AVPU	Are they Alert ...responsive to Verbal commands...responsive to Pain ...or Unresponsive
Breathing	Rate...Rhythm...Character
Pulse	Rate...Rhythm...Character
Skin	Look at and Feel the skin...thermometer can be used if relevant and available
Pupils	Pupils Equal and Reactive to Light – compare size and reactivity of each pupil
Glucose Level?	Have patient measure their own Blood Glucose Level if relevant

Head to Toe – Objective Assessment	
Palpation	Feel for injuries
Function	Assess bilateral pulses and check motor and sensory function

SOAP Note - Assessment Summary and Plan	
Decision	Is this Minor...Major...or Critical?
Minor-Major-Critical	Are you ... continuing with the trip?...evacuating the group?...sending and waiting for help?
Record	Write down your findings, decisions and Plans on the SOAP note