**Scoring Criteria for Open-Ended Physical Health First Aid Responses - what did respondent do to help person with physical injury or emergency**

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|  | **Component of physical health first aid response** | **0 point (no mention or inadequate response)** | **1 point (detailed)** |
| 1 | DRSABCD (S1) | No mention on how to approach person* No correct references to DRSABCD or response unrelated to DRSABCD
* Non-descriptive
 | Respondents noted that they used the “DRSABCD” acronym in their response* Situation is related to using DRSABCD
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| 2 | D – Danger (S1) | No mention on how to approach person | Responses could include:* Checking surroundings and ensure safety (out of danger)
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| 3 | R - Response (S1) | No mention on how to approach person or unrelated response Example response: “Talk to them and just listen to what they're going through” or “ask if ok” | Responses could include:* Check for consciousness
* Talk and touch method: attempt to talk to person, touch hands or squeeze shoulder
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| 4 | S - Send for help (S1) | No mention on how to approach person* Take person to sick bay or call an adult/teacher/nurse

Example response: ”Help them find an adult or a full trained first aid person” or “I called for help”  | Responses could include:* Calling 000 for help
* Call ambulance/emergency services
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| 5 | A – check airway (S1) | No mention on how to approach person | Responses could include:* Check if person is responding and their airway is clear
* If person is unconscious, keep airway open and clear (of foreign objects), tilt head gently and check for breathing
* If person’s mouth is obstructed, put person in the recovery position (positing a person to their side) and attempt to clear mouth
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| 6 | B – check breathing (S1) | No mention on how to approach person | Responses could include:* Check chest movements
* Listen to sounds from mouth and nose
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| 7 | C – begin CPR (S1) | No mention on how to approach person | Responses could include:* Stating CPR was used
* Performing compressions
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| 8 | D – automated external defibrillator (AED; S1)  | No mention on how to approach person | Responses could include:* Following instructions on the AED machine and performing them until ambulance arrives
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| 9 | Sprains and strains (S2) | No mention on how to approach person* Response does not include minimum reference to ice and at least one of the other ways to manage injury
 | Responses could include:* RICER = Rest, Ice, Compression, Elevation, and referral
* Rest – rest and avoid activities that causes considerable pain
* Ice – 15 to 20 minutes every one to two hours
* Compression - (apply firm bandages that does not restrict circulation or additional pain; covering whole joint)
* Elevation – elevate limb
* Referral – have them seek health professional or emergency services
* Response can say RICER along another component of acronym
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| 10 | Fractures and dislocations (S2) | No mention on how to approach person | Responses could include:* Provide bandaging or slings
* Provide a comfortable position for person
* Monitor for shock
* Seek medical assistance
* Do not relocate or realign fracture
* Use ice for injury (if needed)
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| 11 | Wound care (S2) | No mention on how to approach person | Responses could include:* Stop/reduce bleeding with appropriate procedures, such as using bandage
* Cover would with sterile dressing
* Apply pressure over wound using a pad
* Check circulation below wound
* Use tourniquet to clot bleeding (if applicable)
* Cleaning or sterilizing wound with appropriate materials (e.g saline, antibacterial cream)
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| 12 | Shock (S2)  | No mention on how to approach person | Responses could include:* Person was in shock, I called 000 for help
* ensure person has clear airway and breathing normally
* help with circulation is recommended – lie or sit person down and elevate legs whenever possible
* control external bleeding (if applicable)
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| 13 | Concussion (S2)  | No mention on how to approach person | Responses could include:* Check for alertness, responsiveness, and talking
* Do cold compression on concussed area.
* Check and control bleeding, cover wounds (if needed)
* If unconscious, follow DRSABCD
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| 14 | Asthma (S2) | No mention on how to approach person | Responses could include:* Providing assistance with asthma bronchodilator (puffer) and spacer (and do not leave person)
* If no improvement, call emergency services
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| 15 | Diabetes (S3) | No mention on how to approach person | Responses could include:* If unconscious, support person on their side and call ambulance
* Giving person sugar, like chocolate
* Give them sandwich or several sweets if person is more alert
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| 16 | Allergies (S3) | No mention on how to approach person | Responses could include:* It differs depending on type of allergy; provide medication, use epi pen, and/or call 000
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| 17 | Anaphylaxis (S3)  | No mention on how to approach person | Responses could include:* Providing assistance with adrenaline autoinjector (EpiPen)
* If breathing is difficult, lay person flat; do not let them walk
* Call ambulance/emergency services
* Commence CPR if person is unresponsive and not breathing normally
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| 18 | Poisons (S3) | No mention on how to approach person* Induce vomiting

  | Responses could include:* Call 000 or Poisons Information Centre (131126) and get advice on what to do
 |
| 19 | Exposure to heat (S3) | No mention on how to approach person  | Responses could include:* Apply cold packs to neck, groin, and armpits
* Giver water to drink if fully conscious
* Move person to a cool place with circulating air
* Loosen tight clothing or unnecessary garment
* Lie the person down
* Follow DRSABCD if necessary
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| 20 | Exposure to cold (S3) | No mention on how to approach person* Any mentions of rubbing or exposing limbs to radiant heat

  | Responses could include:* Find warm shelter
* Put on dry clothes if person is wet
* Have the person drink warm fluids; and move around
* Warm up under a blanket
* If fingers and hands are cold, have person put them into their armpit
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| 21 | Seizures (S3) | No mention on how to approach person | Responses could include:* Protect injury of head (e.g., put flat jacket under head) and put person in recovery position
* Do not put anything in mouth or attempt to restrain person or stop jerking
* Stay with person and call 000/ambulance
* Talk to person until they regain consciousness
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| 22 | Spinal injuries (not covered in training) | No mention on how to approach person | Reponses could include:* Keeping patient still to avoid further injury
* Move patient out of danger/to safe area using extreme care
* If unconscious, follow DRSABCD
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| 23 | Fainting (not covered in training) | No mention on how to approach person | Responses could include:* If unconscious, follow DRSABCD
* Raise legs above chest height
* Treat any injuries from fall
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| 24 | Burns (not covered in training) | No mention on how to approach person * Mentions applying cream or oil to burn
* Mentions applying ice to burn
* Trying to break blisters
 | Responses could include:* Cool the area by applying cool running water
* Apply a sterile dressing
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