

2011 First Aid Meet

Scenarios – Basic Level

1. Your patrol is on a fishing trip on the upper Potomac. Three of the scouts are all bunched together casting from a small dock when you hear one yell out in pain. Greg had done a cast and somehow his hook had lodged in the side of Steve's right hand. You can see that with the pain and sight of the hook stuck in his hand, Steve is scared, turning pale, and breathing rapidly. You observe the hook in the skin and a little blood dripping from the hand. What do you do?

2. Your patrol is volunteering to help as First Aiders at the Special Olympics, when you are called to the soccer field. You find a Special Olympian who is lying on the ground in obvious pain holding his lower left leg. His right lower arm is red and is obviously swollen. Explain what may be wrong with the player and show how you should treat him. His coach says that he can help with communicating with the athlete.

3. After eating their packed lunches at noon, the Smokin Dragon Patrol resumes their trek up the C&O. At 2pm they reach the 14-mile point on their hike. You notice that Robby is just not himself, and has dropped back from the patrol. You hear him weakly call out "Hey Guys" and turn to see him stop then collapse on the side of the path. As you run back to him, you see that he is pale, cheeks flushed, and his skin is sweaty. He says he feels really hot and tired, has a bad headache, is dizzy and thinks he is "gonna puke". What is happening and how will you treat him?

4. Your entire family is gathered for the Holidays at your house. Your elderly Grandmother is sitting in her rocking chair enjoying all the good company when the doorbell rings. Your Dad answers the door and is totally surprised to see your big brother Al, a decorated US Army Ranger, jump in and yell "SURPRISE I'm home from the war" as he hugs your dad. Everyone is very happy and excited and run to greet Al in the foyer, but after the initial joy subsides, you turn to see your Grandmother lying on her side on the floor by her rocker. You yell for help and rush to her side to find her unconscious but breathing, with a weak pulse - you note a bruise and small bleeding cut on her left temple - What do you do?

5. You and your Troop are at a local High School indoor swimming pool working on various aquatic Merit Badges (**No diving allowed**) when the on duty Lifeguard calls for a Buddy Check. He comes up missing one on his count and everyone is ordered out of the pool while a rapid search is begun. A recent Webelos transfer is located near the bottom of the deep end. The lifeguard along with you and Ron who are also Lifeguard certified, immediately dive in and perform the rescue, carefully placing the unconscious scout on the pool deck. What do you do?

2011 First Aid Meet

Scenarios - Advanced Level

6. Your patrol is hiking along a part of the Appalachian Trail where the forest is being logged. Suddenly you hear a call for help. Your patrol finds a logger lying on a large flat rock with a badly mangled left foot. He says that he was hit by a falling tree, and then fell backward onto the rock. It is a Fall afternoon and the temperature is about 60 degrees. How will you treat him?

7. The Buffalo patrol is on its way to Goshen when Jerry suddenly needs to go to the bathroom. The driver sees a Sheetz ahead and pulls in for a break. Jerry makes a bee line to the bathroom, while the remainder of your patrol starts to check out the snack rack. There is a window washer working at the end of the snack aisle. Suddenly he stumbles, falls, and knocks over a shelf of glass juice bottles. Your patrol goes over to help and sees him on the wet glass covered floor, dazed and obviously in pain. There is a large pool of blood coming from under his left arm. What do you do?

8. Your Philmont crew is at the Albuquerque, NM airport waiting to fly home from a great trek. Your flight is a late night departure and the airport terminal has few people in it. While waiting, your crew is checking out one of the only shops open for any good snacks. While you are standing by the magazine rack you notice an elderly man slouched against the side of the rack. He is very gray and his skin looks moist. Suddenly he struggles to grab for the rack but falls to the floor and does not move. Treat this victim.

9. During a basketball game at your middle school the bleachers start to collapse. You watch as an adult attempting to get off them, slips and falls. His head violently strikes the hardwood floor, and he remains motionless until after you reach him. He is lying on his left side, with a very large red/purplish mark and swelling on his forehead above his right eye. He seems groggy but keeps insisting that he is OK- except he is “just a little dizzy”. He also says and that his fingers tingle and right wrist really hurts. Provide treatment and how you would move him?

10. Your patrol is helping at the food distribution warehouse on Scouting for Food Day. It is very busy as trucks and cars pull to the loading dock delivering the bags of food items. Your patrol’s job is to remove the food from the bags and help sort it out. You notice that a bag has a broken jar of peanut butter in it, and the PB has gotten on some of the food items in the bag. You try to wipe it off as best as you can while passing the boxes and cans back to the others. From behind, you suddenly hear deep wheezing sounds. You turn to see that Brad has dropped to his knees, his throat and face are red and he is having a tough time breathing. What do you do?

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Basic Level SCORE SHEET – Scenario 1

<u>MAXIMUM POINTS</u>	<u>POINTS AWARDED</u>	<u>OBSERVE</u>
5	_____	Recognize: A Puncture wound by a fish hook, minor bleeding. Calm Steve, have him lie down and treat for shock and assure him you can treat his wound safely.
15	_____	Explain the following steps: First cut about 3' of line and wrap it around the bend of the hook. Securely wrap the ends around your index or middle finger. Next keeping the body part with the hook flat and stable, gently push down on the hook shank to free the barb from the affected tissue. The shank should be parallel to the injured tissue. Next clear the area from onlookers. While maintaining pressure down on the shank give the line a quick sharp jerk – being careful to avoid getting yourself snagged from the outgoing hook.
5	_____	Wash the wound, apply antiseptic and a sterile dressing.

QUESTIONS

10	_____	What are 3 places you should not try to remove a fishhook from? ANS: Medical Treatment should be sought to remove a fishhook from the: Eye, Face and earlobe, due to the high chance for additional injury.
15	_____	Describe the 8 Steps of the FIRST AID Method that should be used at every emergency incident. ANS: <ol style="list-style-type: none">1. Check the Scene – Safety/Causes/How many injured2. Call for Help – Location/description3. Approach Safely and TALK to the victim4. Provide Urgent Treatment- ABC check/fix5. Protect from Further Injury –No Spinal movement6. Treat every accident victim for SHOCK7. Complete a thorough examination- Head to toe8. Plan a Course of action- for Transport/additional help
15	_____	According to the BSA First Aid Method, how do we perform the Thorough Examination? ANS: <ol style="list-style-type: none">1. Check the victim from head to toe2. If alert ask for information as to how injury occurred3. Ask where the pain is4. Ask if they can move arms and legs5. Note how ALERT they are in responding to you6. Open outer clothing that might be hiding wounds

Scenario 1 - Floor Position Number _____ Judge's Initials (**PRINTED!**) _____
Scorer1 _____ Scorer2 _____ Scorer3 _____ SCORE _____ out of 65

PLEASE PRINT CLEARLY!!!

2011 First Aid Meet

Basic Level SCORE SHEET – Scenario 2

<u>MAXIMUM POINTS</u>	<u>POINTS AWARDED</u>	<u>OBSERVE</u>
10	_____	Calm the player and very carefully check for injuries. Recognize possible simple fractures to the lower left leg and right forearm
5	_____	Do not move any of the affected areas.
10	_____	Properly Splint the right lower arm to hold the hand and forearm motionless. Put the arm in a sling.
10	_____	Properly Splint the lower leg with long splints from the middle of the thigh to past the ankle that stabilizes the joints above and below the fracture site. Place one splint on each side of the leg and bind them SECURLEY together – at least 3 cravats
5	_____	Check for circulation before and after applying the splint: 1 – Squeeze and release a finger or toe nail looking for color to return. 2 – Ask the victim to wiggle fingers or toes. 3 – Check for feeling by touching fingers or toes.
10	_____	Treat for shock: Maintain body temperature – Do NOT elevate fractured leg

QUESTIONS

10	_____	What are the two basic kinds of fractures and what kind is this leg fracture? ANS: Open (Compound) and closed (Simple) fractures. This is a simple or closed fracture.
5	_____	What are the symptoms of shock? ANS: (Give 1 point for each correct answer up to 5.): 1. Restlessness or irritability 2. Weakness 3. Confusion fear or delusion 4. Moist, clammy pale skin 5. Rapid weak pulse 6. Nausea or vomiting 7. Extreme thirst

Scenario 2 - Floor Position Number _____ Judge's Initials (**PRINTED!**) _____
Scorer1 _____ Scorer2 _____ Scorer3 _____ SCORE _____ out of 65

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Basic Level SCORE SHEET – Scenario 3

<u>MAXIMUM POINTS</u>	<u>POINTS AWARDED</u>	<u>OBSERVE</u>
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|----|-------|--|
| 5 | _____ | Recognize that Robby is suffering from HEAT EXHAUSTION |
| 15 | _____ | Carefully check to insure that no other injuries exist, then promptly treat for Heat Exhaustion – Carefully move him to shady area, raise feet, loosen clothing. Cool with wet cloths, fan, if victim is alert allow him to sip water. |
| 5 | _____ | General Patrol Attitude, demeanor, were serious and deliberate in treating patient. |

QUESTIONS

- | | | |
|----|-------|---|
| 5 | _____ | Is Heat Exhaustion a life threatening condition?
ANS: No, if treated properly recovery is usually rapid. |
| 10 | _____ | What is Heat Stroke and how serious is it?
ANS: Heat Stroke is a LIFE THREATENING condition where the bodies cooling mechanisms have failed and body temperatures can reach dangerous levels (above 105 degrees). |
| 15 | _____ | How do you treat HEAT STROKE?
ANS: Call for help and cool the patient down IMMEDIATELY, remove from heat and sun, remove outer clothing and sit patient upright. Wet down their body (place in pool, stream, bath tub, etc.), fan, apply covered ice packs; under armpits, against the sides of the neck, and groin. If alert and able to drink give small amounts of cool water. |
| 10 | _____ | What is DEHYDRATION and its signs & symptoms?
ANS: Simply, when your body loses more water than it takes in you become dehydrated. As it progresses some Symptoms include - thirst, dry lips, dark yellow urine, weakness, dizziness, nausea, confusion, fainting, and muscle cramps. |

Scenario 3 - Floor Position Number _____ Judge's Initials (**PRINTED!**) _____
Scorer1 _____ Scorer2 _____ Scorer3 _____ SCORE _____ out of 65

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Basic Level SCORE SHEET – Scenario 4

<u>MAXIMUM POINTS</u>	<u>POINTS AWARDED</u>	<u>OBSERVE</u>
10	_____	Have someone call 911. You gently shake her- but no response. With other family members assisting you carefully roll her on her back keeping her neck and spine "In Line". JUDGE: State no C Spine issue present
10	_____	Perform a Thorough Examination checking from head to toe for any other injuries, extremity deformities, etc. Control the bleeding head wound – Simple, Sterile compress, and bandage.
5	_____	Treat for SHOCK - maintain the body at room temperature and elevate her legs about 12". Shortly after this she begins to awaken not sure of what had happened.

QUESTIONS

5	_____	What do you think happened to your Grandmother? ANS: Very probably she was excited, stood up too fast and fainted. People are often injured when they faint by striking objects when they fall.
5	_____	If she did not awaken in 2 minutes or fully recover in few minutes what should you do? ANS: Get medical help immediately.
15	_____	What is "Fainting" and how do we treat it? ANS: Fainting is a brief loss of consciousness usually due to a temporary loss of blood flow to the brain. It can be caused by standing too quickly, for too long, overheating, dehydration, severe pain or stress. We treat it by returning blood flow to the brain by elevating the legs about 12". Make sure their airway is open, resting comfortably laying on their side in case they may vomit.
10	_____	Why is the BSA Urgent Treatment Survey so important and how long should it take? ANS: The Urgent Treatment Survey should check immediate Life Threats: Consciousness, Breathing, Pulse, Severe Bleeding or any other contributing factors – Pills, allergies, diseases, etc. It should be COMPLETED in 15 to 20 seconds.
5	_____	What other medical conditions would you suspect may have befallen your Grandmother? ANS: We would have assessed for all of the following - Heart Attack, Stroke, and Seizure.

Scenario 4 - Floor Position Number _____ Judge's Initials (**PRINTED!**) _____
Scorer1 _____ Scorer2 _____ Scorer3 _____ SCORE _____ out of 65

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Basic Level SCORE SHEET – Scenario 5

<u>MAXIMUM POINTS</u>	<u>POINTS AWARDED</u>	<u>OBSERVE</u>
5	_____	Activate EMS immediately . At best, this will be a near drowning and the victim will be in shock and in need of advanced care.
10	_____	Place the boy on his back making sure to stabilize his head and neck. Use the head tilt/chin lift to open the airway and check for breathing. – Look Listen and Feel JUDGE – tell the patrol he is NOT BREATHING
5	_____	Give 2 full breaths using a Barrier device JUDGE - tell the patrol that the chest inflates
5	_____	Check for signs of circulation – Carotid Pulse no more than 10 seconds JUDGE – tell the patrol that the victim has a heartbeat
5	_____	Continue Rescue Breathing -1 every 3 seconds JUDGE – tell the patrol that the victim sucks in a gasp of air and gags and starts breathing
10	_____	Roll victim into recovery position (on his side with his lower arm under his head, his lower leg bent and upper leg straight), and continue to monitor breathing, and pulse until EMS arrives.
		QUESTIONS
5	_____	What do you do if the victim vomits? ANS: Carefully roll him to his side as a unit and use finger to clear mouth out. Continue Rescue Breathing if he did not start breathing himself.
5	_____	Why do you use the head tilt/chin lift method to give rescue breaths? ANS: Tilting the head and lifting the chin keeps the tongue from blocking the airway.
10	_____	If this were an outdoor incident what are the Signs and Symptoms of HYPOTHERMIA? ANS: Give 2 points for each correct answer up to 10 points. 1. Feels cold and numb. 2. Becomes tired and unable to think straight. 3. Shivers uncontrollably 4. Makes poor decisions 5. Becomes irritable 6. Stumbles, falls or loses consciousness
5	_____	Where do you check for a heartbeat/pulse on an adult? ANS: Checking at the Carotid Artery, the closest pulse point to the heart. It is beneath the ear and jawbone on the side of the neck.

Judge - Please ask the patrol the following after all scoring is complete:

1 - How many Boy Scouts in your patrol _____

Scenario 5 - Floor Position Number _____ Judge's Initials (**PRINTED!**) _____

Scorer1 _____ Scorer2 _____ Scorer3 _____ SCORE _____ out of 65

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Advanced Level SCORE SHEET – Scenario 6

<u>MAXIMUM POINTS</u>	<u>POINTS AWARDED</u>	<u>OBSERVE</u>
5	_____	Patrol recognizes there are serious injuries, and sends for help
10	_____	Apply and maintain head and neck stabilization during all treatments.
15	_____	Patrol identifies the injured foot and a large bump on the back of the head with the potential for spinal injury and shock. Judge: Note injuries when they check
10	_____	Carefully check the victim from head to toe for additional injuries. Check for circulation (feeling warmth color). JUDGE: State that the bleeding has stopped and there are no other injuries, however victim cannot feel his legs.
10	_____	This victim is not to be moved; Treat for Shock Cover to maintain body temperature without unnecessarily moving the victim. DO NOT Elevate Legs
5	_____	CAREFULLY cover the open wound on the mangled foot and splint with a rolled blanket, jacket or pillow, blanket etc. and cravats.
5	_____	Reassure the victim during all phases of treatment, describing what is being done and why, specifically why he must not move.
15	_____	If this victim had to be moved demonstrate correct construction and placement on a stretcher. Perform proper/safe Team Lift and Lower, stretcher construction technique.

QUESTIONS

10	_____	Why is it critical that the patrol not move this victim? ANS: He may have a head/neck/spinal cord injury that requires a higher level of medical help.
5	_____	Under what conditions would you have to move this victim? ANS: He should ONLY be moved for a condition that threatened his life.
10	_____	How would you move him in the event of a life threatening condition? ANS: Use the patrol to lift and move him “all at once” without bending or twisting his body. The scout holding head and neck stabilization will give movement commands and maintain the stabilization throughout the move.

Scenario 6 - Floor Position Number _____ Judge's Initials (**PRINTED!**) _____
Scorer1 _____ Scorer2 _____ Scorer3 _____ SCORE _____ out of 100

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Advanced Level SCORE SHEET – Scenario 7

<u>MAXIMUM POINTS</u>	<u>POINTS AWARDED</u>	<u>OBSERVE</u>
10	_____	Follow the steps of the First Aid Method– using Personal Protection (gloves, etc.), Scene safety, Call for help, Prevent additional harm, etc. Safely and rapidly remove patient from broken glass area.
10	_____	Immediately - With a clean cloth or sterile dressing as a pad, use the palm of your hand to apply firm pressure directly over the wound. (JUDGE: the bleeding does not stop)
10	_____	Apply a second pad over the 1st and maintain direct pressure. Judge: Bleeding stops
10	_____	After the bleeding stops, hold the pads in place with a bandage/cravat (an athletic wrap, strips torn from clean clothing. Apply this pressure bandage to bind the pad firmly but not so tightly that circulation is cut off.
10	_____	Check for circulation (feeling, warmth, color), and Treat for Shock

QUESTIONS

15	_____	Name the BSA Hurry Cases? ANS: The Hurry Cases are: Stopped Breathing, has no Heart Beat, Severe Bleeding and Ingested Poison.
15	_____	If a pressure pad becomes soaked with blood what do you do? ANS: Place a fresh pad over the first one (do not remove it) and continue applying pressure.
20	_____	What are some indications that a bandage is too tight? ANS: The area away from the body past the bandage could feel cold, appear white and victim may have no feeling or pulse there.

Scenario 7 - Floor Position Number _____ Judge's Initials (**PRINTED!**) _____
Scorer1 _____ Scorer2 _____ Scorer3 _____ SCORE _____ out of 100

PLEASE PRINT CLEARLY!!!

2011 First Aid Meet

Advanced Level SCORE SHEET – Scenario 8

MAXIMUM POINTS **POINTS AWARDED**

POINTS **AWARDED** **OBSERVE**

10 _____ Follow the BSA First Aid Method – Check the scene, call for help - Activate EMS/Call 911, approach safely, provide urgent treatment, etc.

10 _____ Recognize that the person may be having a heart attack and assess accordingly.

25 _____ **ABCD STEPS MUST BE DESCRIBED** IN THIS SEQUENCE TO RECEIVE FULL CREDIT:
Judge: If new CPR steps used give full credit

1. Open the Airway (Head tilt-Chin lift)
2. Look/Listen and Feel- for breathing – NONE
3. Pinch Nose & Give 2 Breaths (using barrier) - CHEST DOES RISE
4. Check for Pulse – Carotid –NONE
5. Begin Chest Compressions/ Ventilations- 30:2 (adult Rate) depth of at least 2”
Note - heel of 2 hands should be used – Center of chest
6. Use an AED if Trained

QUESTIONS

10 _____ What is an AED and when can you use one?
ANS: Automatic External Defibrillator. Use only if you have received training in AED use.

10 _____ When do you not use the head tilt-chin life method to open the victim’s airway?
ANS: You use the jaw thrust method when there is a chance of a head, neck or back injury.

10 _____ What is the rate for providing breaths for an adult?
ANS: 12 per minute or 1 every 5 seconds

15 _____ What are five warning signals of a heart attack?
ANS: Give 3 points for each correct answer.

1. Persistent uncomfortable pressure, squeezing, fullness or pain in the center of the chest behind the breastbone and may spread to the shoulders, arms, and neck for several minutes or may come and go.
2. Unusual sweating
3. Nausea
4. Shortness of breath
5. A feeling of weakness

10 _____ The last step of the BSA First Aid Method is “Plan a Course of Action” – Specifically what does that mean?
ANS: Send 2 people for help, Keep the patient comfortable until help arrives, If help is delayed decide on a course of action and constantly monitor the patient’s condition to respond to any changes

Scenario 8 - Floor Position Number _____ **Judge’s Initials (PRINTED!)** _____

Scorer1 _____ **Scorer2** _____ **Scorer3** _____ **SCORE** _____ out of 100

PLEASE PRINT CLEARLY!!!

2011 First Aid Meet

Advanced Level SCORE SHEET – Scenario 9

- 15 _____ Follow the steps of the BSA First Aid Method: Check the scene, Call for help, Approach safely, protect from further injury, complete a head to toe exam.
- 10 _____ Immediately make sure the Airway is open and Stabilize the neck and spine by holding the head in the position found. Carefully check over the patient for any additional injuries.
- 15 _____ This patient is NOT TO BE MOVED. Treat him just as he lies, until medical help arrives. Cover to treat for shock without body movement - maintain body temperature. Place rolled blankets around the head and neck for support BUT NOTHING is to be placed under the head
- 15 _____ Very carefully splint the right forearm (for the possible wrist fracture) in place, and then check for extremity circulation.
- 5 _____ Reassure the patient, and explain why you SHOULD NOT move him.
- 10 _____ General Patrol demeanor and attitude reflect the nature of care.

QUESTIONS

- 15 _____ With a bleacher collapse there could be multiple people injured. Explain what it is called when you must deal with a number of victims and how it works?
ANS: Multiple victim incidents require first responders to perform TRIAGE – rapidly checking each victim for injuries and symptoms to best determine the use of First Aid resources available.
- 15 _____ When doing your patient exam explain the difference between Signs and Symptoms?
ANS: Signs are what you would observe while completing your head to toe check, including Med Alert Tags. Symptoms are what your patient would communicate to you.

Scenario 9 - Floor Position Number _____ Judge's Initials (**PRINTED!**) _____
Scorer1 _____ Scorer2 _____ Scorer3 _____ SCORE _____ out of 100

PLEASE PRINT CLEARLY!!!

2011 First Aid Meet

Advanced Level SCORE SHEET – Scenario 10

<u>MAXIMUM POINTS</u>	<u>POINTS AWARDED</u>	<u>OBSERVE</u>
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50	_____	You immediately start the first steps of the First Aid Method: JUDGE – Each portion below is worth 10 points for a total of 50:
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1. Check the scene for the cause. Is it safe? Judge: It is safe.
2. Call for Help – Trouble Breathing due to an Allergic Reaction/Anaphylactic Shock is a TRUE medical emergency – call 911 immediately
3. Ask if Brad is allergic to Peanuts and if he has any medication for it?
4. He is gasping but says he has an Epi Pen in his pocket. You immediately assist him in administering his Epi Pen
5. Keep him sitting up resting until medical help arrives.

QUESTIONS

- | | | |
|----|-------|---|
| 10 | _____ | What 2 things should Brad have alerted everyone about his condition?
ANS: Notified his Scout Leaders of his allergy and medication, and worn a Med-Alert Tag with that information on it. |
| 20 | _____ | If Brad had stopped breathing and gone unconscious what treatment sequence would you follow?
ANS: The A-B-C-D Lifesaving Sequence/or specific instructions from EMS |
| 10 | _____ | Who can administer the Epi Pen to a patient?
ANS: It is always best if the patient administers their own medications. You should assist them by getting the medication and helping as instructed, however you should NOT administer it unless properly trained/certified. |
| 10 | _____ | People who are susceptible to anaphylaxis should carry an emergency medical kit containing an Epi Pen injector. What is in it and what does it do?
ANS: It contains a premeasured dose of Epinephrine, which is a rapidly acting hormone that reverses the effects of anaphylactic shock. |

Scenario 10 - Floor Position Number _____ Judge's Initials (**PRINTED!**) _____
Scorer1 _____ Scorer2 _____ Scorer3 _____ SCORE _____ out of 100

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