

A few steps too far

Scenario Overview:

The first aiders are at a running event on a hot and sunny day and are called to a patient who has reportedly collapsed. On arrival they will find a voice responsive patient lying at the side of the road. The people around say that the patient just came to lean on the side barriers and then fell onto the road. There are quite a few runners running down the course around the patient.

Difficulty:

First Aider Easy

How the scenario should progress:

The patient will be very hot and dehydrated. With active cooling, they will begin to recover and become more alert. If the patient is not cooled, you should get them to deteriorate.

Actor Tips:

Act much more confused at the beginning but get more with it later on if the first aiders cool you down. If they do not try and cool you down, you will deteriorate.

Patient 1:

Name: Taylor Lynch **Age:** 36 **Sex:** Male

Medication:

Salbutamol Inhaler

Allergies:

None known

Past medical/family/social history:

Usually fit and well. Hadn't done that much prep for this race but thought they'd give it a go.

Findings on examination:

The patient is very warm to touch and is covered in sweat. They are a bit confused and don't seem 100% sure of where they are. They have an elevated pulse and are breathing fairly quickly and shallowly. The patient appears a bit sunburnt on his arms and face. The first aiders don't find any injuries from falling onto the road.

Possible treatment from first aiders:

Try to actively cool the patient with whatever is available to them. Take a good history and assessment of the patient and monitor. If they cool the patient and they consequently improve, make decision on whether they need hospital or not.

Time after start:	0 mins	5 mins (assuming cooling)	10 mins
Response:	Voice	Alert	Alert
Airway:	Yes	Yes	Yes
Respirations:	28 shallow	23 more normal	18 normal
Pulse:	130	110	101
Oxygen Sats:	94% on air	95% on air	95% on air

Temperature:	38.5	37.8	37.2
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