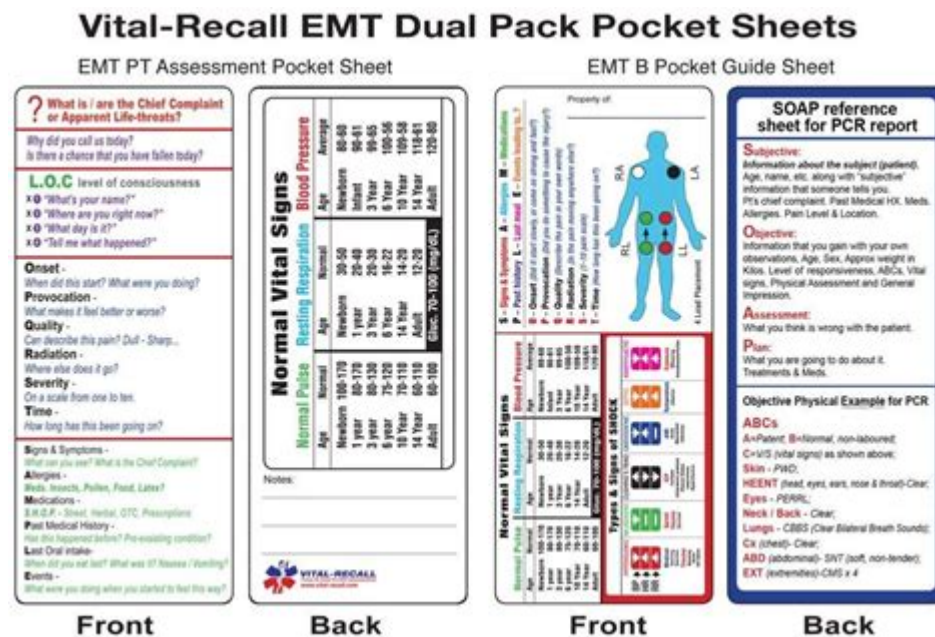


Emt Cheat Sheet



EMT Cheat Sheet: Your Pocket-Sized Guide to Emergency Response

Are you an EMT student cramming for exams, a seasoned professional needing a quick refresher, or simply curious about the critical information EMTs rely on? This EMT cheat sheet provides a concise yet comprehensive overview of essential procedures, protocols, and key information, designed to help you access vital data quickly and efficiently. Whether you're facing a high-pressure situation or reviewing key concepts, this guide is your go-to resource for critical information at your fingertips. Let's dive into the essential knowledge every EMT needs.

Rapid Assessment and Scene Safety: Your First Priorities

Before even approaching a patient, ensuring scene safety is paramount. This involves assessing the immediate environment for hazards like traffic, downed power lines, or aggressive individuals. Once safe, a rapid assessment can be conducted using the SAMPLE mnemonic:

- Signs and Symptoms: What is the patient experiencing?
- Allergies: Any known allergies to medications or substances?
- Medications: What medications is the patient currently taking?
- Past Medical History: Relevant past illnesses or conditions?
- Last Oral Intake: When did the patient last eat or drink?
- Events Leading to the Illness/Injury: What happened?

Understanding the ABCDEs: After scene safety and a quick SAMPLE assessment, prioritize the ABCDEs of primary assessment:

Airway: Is the airway open and clear? Address any obstructions.

Breathing: Is the patient breathing adequately? Rate, rhythm, depth.

Circulation: Check for pulse, skin color, and capillary refill time. Control any major bleeding.

Disability: Assess neurological status - level of consciousness (AVPU).

Exposure: Expose the patient to perform a full body assessment, while maintaining their warmth and dignity.

Essential Medications and Their Uses (EMT Cheat Sheet)

This section provides a brief overview. Always refer to your official medication guide for complete information and dosages.

Oxygen (O₂): Administered to improve tissue oxygenation in cases of hypoxia.

Aspirin: Used to help prevent blood clot formation in suspected myocardial infarction (heart attack).

Nitroglycerin: Dilates blood vessels to reduce chest pain in angina and myocardial infarction.

Albuterol: Bronchodilator for asthma and other respiratory distress.

Epinephrine: Used in anaphylaxis to counteract the effects of an allergic reaction.

Key Considerations for Medication Administration:

Dosage: Always confirm the correct dosage before administration.

Route: Understand the proper route of administration (oral, inhalation, intravenous, intramuscular).

Contraindications: Be aware of any contraindications or potential adverse effects.

Trauma Management: A Quick Overview

Trauma management requires a systematic approach. Remember the primary assessment (ABCDEs) and then move to secondary assessment, including a thorough head-to-toe examination. Control bleeding using direct pressure, elevation, and tourniquets when necessary. Immobilize spinal injuries using appropriate spinal boards and collars. Be aware of potential internal injuries and treat for shock.

Recognizing Shock:

Shock is a life-threatening condition. Signs include:

Hypotension (low blood pressure)

Tachycardia (rapid heart rate)

Pale, cool, clammy skin

Altered mental status

Cardiac Arrest and CPR

Cardiac arrest requires immediate intervention. Initiate CPR, including chest compressions and rescue breaths, according to current guidelines. Use an AED (Automated External Defibrillator) as soon as possible. Early defibrillation dramatically improves chances of survival.

CPR Essentials:

Chest Compressions: Deep and consistent compressions at the correct rate.

Rescue Breaths: Adequate breaths to maintain ventilation.

AED Use: Follow the AED prompts carefully.

Medical Emergencies: A Glimpse into Common Scenarios

This section briefly touches upon various medical emergencies. Detailed treatment protocols are beyond the scope of this cheat sheet. Always refer to your official protocols and training materials.

Stroke: Rapid assessment using the FAST mnemonic (Face drooping, Arm weakness, Speech difficulty, Time to call 911).

Heart Attack: Chest pain, shortness of breath, and diaphoresis (excessive sweating).

Anaphylaxis: Severe allergic reaction, characterized by swelling, difficulty breathing, and hypotension.

Seizures: Protect the patient from injury and ensure airway patency after the seizure.

Conclusion

This EMT cheat sheet provides a condensed overview of essential information for emergency medical technicians. Remember, this is a quick reference guide and should not replace comprehensive EMT training and protocols. Continuous learning and staying updated with the latest guidelines are critical for providing safe and effective patient care. Always prioritize scene safety, rapid assessment, and adherence to established protocols.

FAQs:

1. Where can I find more detailed information on EMT procedures? Consult your EMT textbook, official training materials, and reputable medical resources.
2. How often should I review this cheat sheet? Regular review, especially before shifts or exams, is highly recommended.
3. Is this cheat sheet sufficient for handling all emergency situations? No, this is a simplified

overview. Comprehensive training and adherence to protocols are crucial.

4. What should I do if I encounter a situation not covered here? Follow your established protocols and contact medical control for guidance.

5. Are there any online resources that complement this cheat sheet? Yes, many online EMT training resources and professional organizations offer valuable supplementary materials.

emt cheat sheet: EMT Exam For Dummies with Online Practice Arthur Hsieh, 2014-07-28

Test-taking strategies and steps to succeed as an EMT No two EMT exam experiences are exactly alike, as questions are tailored to the test-taker and range in topics from handling medical emergencies and patient assessment, to medical ethics, ambulance operations, and pediatrics. EMT Exam For Dummies takes the intimidation out of the test, offering everything you need to prepare for—and pass—the exam. Along with the book, there is also an online companion website that features two additional practice tests that you do your best on test day. Career opportunities are abundant for certified EMTs, and this straightforward guide increases your chances of scoring higher on the computer-adaptive and practical portions of the exam so you can get out in the field and dispense lifesaving medical care. In the book, you'll find an overview of the EMT Exam, including test organization and how the exam is scored, content review with practice questions, a sneak peek at the practical exam, and one full-length practice test with detailed answer explanations. Includes sample test questions and detailed answers throughout, as well as a sneak peek into the practical test Gives you two bonus practice exams via the companion online test bank, with tests available in timed and untimed formats Offers clear test-taking advice for passing the crucial, practical part of the exam Covers the psychomotor component of the EMT Exam EMT Exam For Dummies has everything you need to succeed as an EMT and continue your training, and with an easy-to-read style and focus on the most important details, you'll be ready to pass the exam in no time!

emt cheat sheet: *EMT Exam For Dummies with Online Practice* Arthur Hsieh, 2014-07-09

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emt cheat sheet: **Emergency Response Guidebook** U.S. Department of Transportation, 2013-06-03

Does the identification number 60 indicate a toxic substance or a flammable solid, in the molten state at an elevated temperature? Does the identification number 1035 indicate ethane or butane? What is the difference between natural gas transmission pipelines and natural gas distribution pipelines? If you came upon an overturned truck on the highway that was leaking, would you be able to identify if it was hazardous and know what steps to take? Questions like these and

more are answered in the Emergency Response Guidebook. Learn how to identify symbols for and vehicles carrying toxic, flammable, explosive, radioactive, or otherwise harmful substances and how to respond once an incident involving those substances has been identified. Always be prepared in situations that are unfamiliar and dangerous and know how to rectify them. Keeping this guide around at all times will ensure that, if you were to come upon a transportation situation involving hazardous substances or dangerous goods, you will be able to help keep others and yourself out of danger. With color-coded pages for quick and easy reference, this is the official manual used by first responders in the United States and Canada for transportation incidents involving dangerous goods or hazardous materials.

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emt cheat sheet: Emergency Medical Responder J. David Bergeron, Chris Le Baudour, Gloria Bizjak, Keith Wesley, 2011-11-21 This is the eBook of the printed book and may not include any media, website access codes, or print supplements that may come packaged with the bound book. The leader in the field, Emergency Medical Responder, Ninth Edition, provides clear first responder-level training for fire service, emergency, law enforcement, military, civil, and industrial personnel. The new ninth edition retains many successful features from previous editions and includes new topics and concepts that have recently become part of most Emergency Medical Responder programs. The foundation of this text is the new National Emergency Medical Services Education Standards for Emergency Medical Responder, and it also includes the 2010 American Heart Association guidelines for Cardiopulmonary Resuscitation and First Aid.

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help you understand the origins of the terminology and build your professional vocabulary. - A list of commonly used abbreviations printed in the front and back covers make this your go-to reference for everyday practice.

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emt cheat sheet: NCLEX-RN Drug Guide: 300 Medications You Need to Know for the Exam Kaplan Nursing, 2015-08-04 The most streamlined, portable, and easy-to-use drug guide to help you pass the NCLEX-RN! This pocket-sized review for prospective nurses gives you the focused, key information you need to know about medications commonly seen on the test. Kaplan's NCLEX-RN Drug Guide includes: Generic names, brand names, phonetic pronunciations, and drug families for 300 frequently tested medications Concise nursing considerations and must-know side effects for each medication NEW! Expert guidance for studying drugs effectively Pregnancy risk category and controlled substance schedule for every drug Common medical abbreviations you'll use on the job Abbreviations to avoid when recording medication orders Terms are grouped by medication category, and each page features two terms with the complete explanations. With Kaplan's NCLEX-RN Drug Guide, you know you are getting the most up-to-date, expert information available to prepare for the exam!

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issues are considered in depth, for both United States domestic and international flights, as there is potential legal risk involved in giving medical assistance on a flight. Additional chapters are dedicated to pre-flight clearance and the role non-physician healthcare providers can play. *In-Flight Medical Emergencies: A Practical Guide to Preparedness and Response* is an essential resource for not only physicians but all healthcare professionals who travel regularly.

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emt cheat sheet: EMT (Emergency Medical Technician) Crash Course with Online Practice Test, 2nd Edition Christopher Coughlin, 2017-12-14 REA's EMT Crash Course® Everything you need for the exam – in a fast review format! REA's EMT Crash Course® is the only book of its kind for the last-minute studier or any prospective Emergency Medical Technician who wants a quick refresher before taking the NREMT Certification Exam. Targeted, Focused Review – Study Only What You Need to Know Written by an EMS Program Director and NREMT paramedic with 30 years of experience, EMT Crash Course® relies on the author's careful analysis of the exam's content and actual test questions. It covers only the information tested on the exam, so you can make the most of your valuable study time. Our fully indexed targeted review covers all the official test categories including airway, ventilation, oxygenation, trauma, cardiology, medical, and EMS operations and is packed with practice questions and answers at the end of each chapter. Also included are tips and insights on résumé building, information on finding additional training opportunities, and more. Expert Test-taking Strategies Our experienced EMT author explains the structure of the NREMT Certification Exam, so you know what to expect on test day. He also shares detailed question-level strategies and shows you the best way to answer questions. By following our expert tips and advice, you can score higher on every section of the exam. Must-know Key Terms Knowing the right medical terminology can make a real difference in your test score. That's why we cover more than 400 EMT terms you need to know before you take your exam. Full-length Online Practice Exam The book comes with a true-to-format online practice test with diagnostic feedback, topic-level scoring, and detailed answer explanations to help students gauge their test-readiness. No matter how or when you prepare for the EMT exam, REA's EMT Crash Course® will show you how to study efficiently and strategically, so you can get a great score! About the Author Dr. Christopher Coughlin is the EMS Program Director for Glendale Community College in Glendale, Arizona. Dr. Coughlin has been an NREMT paramedic since 1991 and was one of the first 850 nationally certified flight paramedics (FP-C) in the United States. Dr. Coughlin earned his AAS in Advanced Emergency Medical Technology from Glendale Community College; his B.A. in Adult Education from Ottawa University, Phoenix, Arizona; his M.Ed. in Educational Leadership from Northern Arizona University, Flagstaff, Arizona, and his Ph.D. in Professional Studies from Capella University, Minneapolis, Minnesota.

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- The role of pediatric emergency services as an integrated component of the overall health system.
- System-wide pediatric emergency care planning, preparedness, coordination, and funding.
- Pediatric training in professional education.
- Research in pediatric emergency care.

Emergency Care for Children is one of three books in the *Future of Emergency Care* series. This book will be of particular interest to emergency health care providers, professional organizations, and policy makers looking to address the pediatric deficiencies within their emergency care systems.

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have been reviewed by students who recently passed the boards and completed their clerkship to ensure they match the style and difficulty level of the exam. 500 USMLE-style questions and answers Detailed explanations for right and wrong answers Targets what you really need to know for exam success Student tested and reviewed

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Get all the basic terms and treatment protocols with this colorful, fully illustrated guide to advanced cardiac life support (ACLS)-clear-and-simple guidance from experts, including: Cardiac arrhythmias - recognizing and treating emergency conditions and rhythms, such as hypovolemia, hypoxia, acidosis, hypothermia, drug overdoses, cardiac tamponade, tension pneumothorax, pulmonary coronary thrombosis, and more Early management - managing the first 30 minutes of cardiac emergencies Ventilation techniques - including endotracheal intubation and use of supraglottic devices and bag-valve mask, Practicing for success - proven study strategies, quick quizzes, and an end-of-book practice test get you exam- and practice-ready. Get instant, on-the-unit support with this on-the-spot clinical reference and study guide, with dozens of diagrams, drawings, real-life patient examples, and guidance on areas including: Step-by-step direction on current interventions - including basic life support skills, adult cardiac arrest algorithm, and when and how to offer CPR, Procedure skills - indications, precautions, and safe use of devices such as pacemakers, defibrillators, and peripheral and central IV line insertion, Pharmacology - the right actions, indications, dosages, and precautions for major cardiovascular drugs. Chapter features provide priceless on-the-unit clinical tips: Just the facts - quick summary of each chapter's content Nurse Joy and Nurse Jake - expert insights on cardiovascular interventions Quick quiz- multiple-choice questions at end of each chapter to help you retain knowledge, Now I get it! - real-life patient scenarios that illustrate correct ACLS interventions What to look for - tips on identifying and interpreting arrhythmias Book jacket.

emt cheat sheet: Strike a Match Fiona Riley, 2017-11-14 Every date that firefighter Sasha McCray has had in the last year has been orchestrated by matchmaker Samantha Monteiro through Perfect Match, Inc., and she still has nothing to show for it. After a series of near matches, Sasha has all but given up on finding that special spark with someone else. Accountant by day and reluctant millionairess by night, Abby Rossmore wants nothing more than to be the normal girl she reads about in all those romance novels. But the truth is, once people find out about her family, their interest in her flares for all the wrong reasons. When Samantha tries to help Abby and Sasha discover they have more in common than being unlucky in love, they have to decide if their shared passion will blaze on or burn out. Could they be each other's perfect match? Or did the notorious Miss Match strike out?

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EMTs have the basic knowledge and skills necessary to stabilize and safely transport patients ranging from non-emergency and routine medical transports to life threatening emergencies. EMTs function as part of a comprehensive EMS response system, under medical oversight.

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Emergency medical technician - Wikipedia

An emergency medical technician (often, more simply, EMT) is a medical professional that provides emergency medical services. [1][2] EMTs are most commonly found serving on ambulances and in fire departments in the US and Canada, as full-time and some part-time departments require their firefighters to at least be EMT certified.

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