

LESSON PLAN

January 2007

COURSE TITLE: Surface Rescue Swimmer  
Course, A-050-0500

TERMINAL OBJECTIVE:  
Partially supported by this lesson topic:

CLASSIFICATION: Unclassified

4.0 Upon completion of this unit of instruction, the student will identify and treat medical emergencies using approved SAR medical equipment, as per NAVEDTRA 14295 and NTTP 3-50.1 manuals without injury to personnel or damage to equipment.

LESSON PLAN NUMBER: 5.4

LESSON TOPIC: Primary Survey

ALLOTTED LESSON TIME: 2.0 Classroom  
2.0 Laboratory

INSTRUCTIONAL SUPPORT:

Enabling Objectives:  
Completely supported by this lesson topic:

1 Classroom Instructor  
1 Laboratory Instructor  
Additional instructors as required per Annex E, Staffing Requirements, of Curriculum Outline

4.7 List procedures used in a primary survey.

4.8 Demonstrate primary survey procedures in a mock trauma (Moulage) scenario without injury to personnel or damage to equipment.

INSTRUCTIONAL REFERENCES:

CRITERION TEST: Job Sheet Unit 5.0

1. NAVEDTRA 13119, Standard First Aid
2. NAVEDTRA 14295, Hospital Corpsman Manual
3. National Diver's Alert Network Underwater Diving Accident Manual
4. Brady, Emergency Care 9<sup>th</sup> Edition

HOMEWORK: None

## INSTRUCTIONAL AIDS

1. Trainee Guide
2. Contents of Level "A" Medical Kit
3. Rescue Litter
4. Moulage Kit
5. CPR Mannequin

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

INTRODUCTION:

A. Establish Contact

Display name and lesson topic.

1. Introduce self, give rank, current job.
2. State background, schools, duty stations, etc.
3. State question and answer policy.
4. Reiterate the TTO policy.
5. Ask the following questions:
  - a. Has anyone gone to the hospital/branch clinic for treatment within 24 hours, and are you taking any medications?
  - b. Has anyone taken over-the-counter medications within 24 hours?
  - c. Are there any potentially disqualifying illnesses/conditions for which you are currently being evaluated

Refer questionable cases to department medical representative for disposition.

3

B. State Lesson Objectives

Turn to cover page of Lesson Plan and paraphrase objectives.

C. Establish Readiness

Establish importance and relevance of lesson material using personal experience or anecdote.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

1. Motivating Statements
2. Lesson Overview
  - a. Lesson Topic: Primary Survey;  
Identification and  
Treatment of  
Injuries
  - b. Major Teaching Points:
    - (1) Primary Survey Procedures
    - (2) Arriving on the Scene
    - (3) Initial Assessment
    - (4) Primary Survey
    - (5) Transport or Continue
    - (6) Rules for Splinting
    - (7) Identification and Treatment of Injuries

Briefly outline material  
to be covered.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

PRESENTATION:

A. Primary Survey Procedures:

1. A head-to-toe examination is conducted once survivor is aboard the rescue platform.
2. Used to identify all life threatening injuries, which must be treated as they are found.

B. Arriving on the Scene:

1. Scene Safety - Upon approaching the scene, it is imperative that you evaluate the safety of the area in order to protect yourself and your crew.

Demonstrate

**NOTE**

During in-water rescue scenarios onboard the rescue platform, it is understood that the scene is safe. However, it is necessary to evaluate the scene at all times.

Explain that during testing phases, scene safety is a requirement.

2. Body Substance Isolation (BSI) - Take BSI precautions prior to touching the survivor.
3. Determine Responsiveness - Attempt verbal communication with the survivor after or during BSI procedures.

C. Initial Assessment:

Demonstrate

1. Check the Airway -

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- a. If survivor is conscious and talking to you, check for severe bleeding and begin Primary Survey.
- b. If survivor is unconscious, open the Airway using a "modified jaw thrust."
- 2. Check Breathing - Verify that the survivor is breathing. If not breathing, give two breaths. If unable to get the breaths in, begin Obstructed Airway procedures.

**NOTE**

If it is necessary to perform abdominal thrusts, expose the abdominal area prior to pressing on the abdomen.

Explain that chest thrusts must be performed if abdominal injuries are present.

- 3. Check Circulation - Verify that the survivor has a pulse. If no pulse, begin CPR procedures.
- 4. Check for Severe Bleeding - Take a quick look at the body from head to toe identifying any severe bleeding prior to beginning CPR.

**NOTE**

If severe bleeding occurs during chest compressions, it may be necessary to expeditiously bandage a wound in order to continue.

D. Primary Survey:

Demonstrate

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

1. Cervical Collar - While maintaining in-line stabilization of the head, sweep the back of the neck checking for blood and/or deformities. Determine the correct size c-collar needed, verify placement, and secure it. Once in place, you may let go of the head
  
2. Life-Threatening Injuries -
  - a. Quickly look at the head checking for severe bleeding. If no severe bleeding, move directly to the chest.
  
  - b. Expose the survivor's chest and abdomen. Look for and treat all life-threatening injuries present.
  
  - c. Expose an arm, look for and treat all life-threatening injuries. Repeat for the other arm.
  
  - d. Follow the same procedure for the legs.

**NOTE**

Following the order of assessment, if blood-soaked clothing is identified, expose and treat that extremity first.

Explain

- e. Life-threatening injuries include:
  - 1) Problems with ABC's
  - 2) Sucking Chest Wounds
  - 3) Severe Bleeding

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- |  |  |
|--|--|
| 4) Amputation with Severe Bleeding   |  |
| 5) Abdominal Evisceration  |  |
| 6) Obvious Bruising (internal bleeding)  |  |
| 7) Critical Burns  |  |
| 8) Head, Neck, or Spinal Injury  |  |
| 9) Heat Stroke   |  |
| 10) Severe Hypothermia   |  |
| 11) Psychiatric Emergencies  |  |
| 12) Severe Shock   |  |
| 3. Check Breathing - Check for equal rise and fall of the chest by resting your hands on the survivor's chest, in the front and back. Looking for breathing quality and rate.  | Explain - Quality refers to the presence of adequate rise and fall of the chest. |
| 4. Check Circulation - Check pulses at the wrists (radial) and at the feet (dorsalis pedis), looking for equal quality and rate. Check capillary refill in fingers and toes, looking for circulation return within 2 seconds or less. Check skin temperature by resting the back of a gloved hand on the survivor's forehead and/or chest. | Explain - Quality refers to the pulse strength (strong or weak).                 |
| 5. Perform Blood Sweep - Begin by wiping gloves clean or replacing them with a fresh pair.   | Explain - Use same head-to-toe process as in treating life-threatening injuries. |

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

**NOTE**

Do not wipe contaminated gloves on yourself.

6. Starting at the head, sweep under the body and inside the clothing looking for any bleeding you can't see. If blood is found, investigate it.
7. Reassess ABC's - Verify that survivor is still breathing and has a pulse.

E. Rules for Splinting:

1. Splinting is **always** performed during the Secondary Survey.
2. When splinting legs, ensure extremities are in-line prior to applying a splint.
3. Ensure that the joints above and below the injury are immobilized.
4. If an open wound or bruising is present, ensure a tie is placed above and below the area.
5. Tie knots across the top of the splint, not against skin.
6. Always check capillary refill after splinting.

Demonstrate

F. Identification and Treatment of Injuries:

1. Open Chest Wounds "Sucking Chest Wound"
  - a. Presentation:

Demonstrate

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- 1) Open wound to the chest with a sucking sound during breathing.
- 2) Bleeding and bubbles coming from the chest.
- 3) Exit wound may be present.

b. Treatment:

- 1) Immediately place a gloved hand over the open wound to create a seal.
- 2) Evaluate wound size. If wound is smaller than a petroleum gauze foil wrapper, use foil to create a one-way valve. If wound is larger, use plastic from an IV bag cut to size.
- 3) Tape on three sides. Top, bottom, and side closest to the middle of the body.
- 4) Check for an exit wound. If an exit wound exists, determine its size. Use a combination occlusive and field dressing placed over exit wound using survivor's body weight to create a seal. It may be necessary to log roll the survivor to get a clear view of the injury prior to treatment.
- 5) Deviated trachea is a sign that the one-way valve is no longer working.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- 6) To relieve pressure, peel dressing up using un-taped side and "burp it". May hear a rush of air as pressure is relieved.
- 7) Lay survivor injured side down if feasible.

2. Closed Chest Wounds

a. Presentation:

- 1) Difficulty breathing.
- 2) Deviated trachea.

b. Treatment:

- 1) Place the survivor in an injured side down shock position. Shock Position is the only treatment.

3. Flail Chest

Demonstrate

a. Presentation:

- 1) Difficulty breathing.
- 2) Section of the rib cage moving opposite of normal breathing (This is not unequal breathing).
- 3) Bruising to the chest area.

b. Treatment:

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- 1) Place a saline bag over the affected area taping the top and bottom of the bag to the chest. May use cravats if needed, but ensure that they're not too tight as to further hinder breathing.
- 2) Check for other broken ribs before placing tape.
- 3) May use a rolled up burn sheet.

3. Amputations

Demonstrate

a. Presentation:

- 1) Severely torn or missing limb.
- 2) May have severe bleeding present.
- 3) Limb may be fractured.

b. Treatment:

- 1) CONTROL BLEEDING FIRST. Apply direct pressure with a field dressing and tightly wrap with an ACE bandage.
- 2) Splint the amputated end during the Secondary Survey. Using a SAM splint, wrap around the end of the amputation in a "U shape" and secure it with at least two ties.

4. Open Fractures

Demonstrate

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- a. Presentation:
  - 1) Visible bone and/or fragments with an open wound.
  - 2) Bleeding can be mild to severe.
- b. Treatment:
  - 1) CONTROL BLEEDING FIRST. Place donut-shaped gauze bandage around the exposed bone and cover with a field dressing.
  - 2) If it's necessary to move an arm to control bleeding from an "open hand fracture", visualize and palpate for other injuries before moving it.
  - 3) Ensure the dressing is snug and tied on the side. Do not cross dressing ties over the wound. This will apply unwanted pressure on the exposed bones.
  - 4) Splint fractures during the Secondary Survey.
    - a) For fractures of the lower arms, use a SAM splint underneath the arm (palm side) with hand in the neutral position. Secure with at least three ties with wrist and elbow immobilized.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- b) For fractures of the upper arms, use a SAM splint across the outer aspect of the arm and secure with at least two ties. Utilize a sling and swathe (swathe at a minimum). Ensure the swathe is not too tight as to hinder breathing.
- c) To splint fractures of the hands, wrap roller gauze around the hand and wrist, to create a bulky soft splint. Avoid covering fingertips.
- d) For upper leg fractures, use a SAM splint across the side of the leg above the hip to below the ankle. Secure with at least five ties. Ensure the leg is placed in-line prior to splinting and that the hip, knee, and ankle are immobilized.
- e) For lower leg fractures, use a SAM splint across the side of the leg above the knee to below the foot. Secure with at least four ties.

5. Closed Fractures

Demonstrate

a. Presentation:

- 1) Bruising or deformity may be visible.

b. Treatment:

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- 1) If bruising is present, assume a bone is broken and treat as a fracture.
  - 2) Some bruising may be difficult to see. A thorough Secondary Survey must be performed to identify all injuries.
  - 3) Splint during Secondary Survey.
6. Abdominal Evisceration Demonstrate
- a. Presentation:
    - 1) Open abdominal wound with internal organs visibly exposed and/or spilling out.
  - b. Treatment:
    - 1) Soak large field dressing with Normal Saline.
    - 2) Place the large field dressing under exposed organs and fold over the organs, covering all wound areas.
    - 3) Tie on the side, ensuring no pressure is placed directly on exposed organs.
7. Pelvic Fractures Demonstrate
- a. Presentation:
    - 1) Instability or grinding feeling when pressing in against the hips.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- 2) Grinding sounds accompanying pressing in against the pelvis.
- 3) Survivor may feel like they're coming apart and survivor may be in extreme pain.
- 4) Bruising to the abdominal and/or pelvic region may be present.

b. Treatment:

- 1) Fold burn sheet and place it inside of the trauma sheet (utilize wool blanket, if available) to fill space between the legs.
- 2) Place a Triangular Bandage across the hips, two on the upper legs and two on the lower legs (applying cravats at the hips, then applying them from the feet up).

**NOTE**

The pelvis **shall be checked** and, if necessary, treated prior to logrolling the survivor onto the litter.

6. Penetrating Puncture Wounds

Demonstrate

a. Presentation:

- 1) Foreign object protruding from any area of the body.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

b. Treatment:

- 1) Secure object with Roller Gauze on each side of the penetrating object.
- 2) Cut a hole in the middle of a field dressing large enough for the object to fit through and apply field dressing. Tie on the side to avoid direct pressure.
- 3) Ensure object is secure and visible to personnel to prevent further penetration.

7. Puncture Wounds

Demonstrate

a. Presentation:

- 1) Puncture wound to any area of the body.

b. Treatment:

- 1) Place a field dressing on wound and tie over the top of the wound.
- 2) Check for an exit wound.

8. Eye Avulsion

Demonstrate

a. Presentation:

- 1) Eye missing or protruding from the socket.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

b. Treatment:

- 1) If eye is missing, cover affected side with a field dressing. Always cover both eyes to minimize movement due to sympathetic Oculomotor function.
- 2) If eye is protruding from the socket, soak Roller Gauze with Normal Saline. Apply Roller Gauze to each side of the eye and cover both eyes with a field dressing.
- 3) Ensure dressing is snug and tied on the side.

9. Simple Rib Fractures

Demonstrate

a. Presentation:

- 1) Complaining of difficulty breathing.
- 2) Bruising, tenderness, or pain (guarding) to affected area.

b. Treatment:

- 1) Sling and swathe the arm of injured side, if no injuries to the arm are present.

10. Severe Burns

Demonstrate

a. Presentation:

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- 1) Signs of second and third degree burns (blisters and/or charred skin) to any area of the body.
  - 2) If burns to the chest are present, check for singed nose hairs indicating an inhalation injury.
- b. Treatment:
- 1) Cover burned areas with a burn sheet cut to size, one sheet thick. Secure loosely with safety pins.
  - 2) Lightly palpate burned areas for broken bones during Secondary Survey.

**NOTE**

Any sterile dressing that touches the deck or becomes contaminated, is considered useless and SHALL NOT be used.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

SUMMARY:

A. State Lesson Objectives

Turn to cover page for objectives.

B. Review Major Teaching Points

Briefly summarize.

APPLICATION: Practical First Aid scenarios

EVALUATION: Job Sheet Unit 5.0

Perform Job Sheet two times

ASSIGNMENT: Review attachments