

ASSESSMENT GUIDELINE

Respond to an emergency care situation for an outdoor activity

Unit Standard: 424

Level: 3 Credit: 5 Version: 7

Published by Skills Active Jan 2007

Purpose:

People credited with this unit standard are able to: identify common emergencies and pre-trip emergency planning for an outdoor activity; demonstrate initial response to emergency care management situations in the outdoors; assess and manage the patient's condition in line with current first aid practices and cultural considerations; secure and transport the patient; and make an evacuation plan for the patient (and/or the group) from the outdoor location to outside help

Entry information:

Prerequisite: Unit 6400, *Manage First Aid*, or demonstrate equivalent knowledge and skills.

Recommended: Unit 423, *Work with helicopters* or demonstrate equivalent knowledge and skills.

Special Notes:

1. For the purposes of this unit standard the assessment must take place in an outdoor environment realistic for the chosen discipline (e.g. mountains, bush, rivers, lakes, sea, caves). When assessing candidates from a variety of disciplines an environment that is most common to all should be selected.
2. Definitions The term *chosen discipline* refers to the outdoor activity relevant to the candidate's profession or recreation (e.g. rafting, tramping, diving etc).
The term *stabilised* refers to the patient being above life threatening status.
The term *group* refers to a minimum of three people (excluding the patient).
Outside help or secondary care must be 2-24 hours away.
3. Competence is required in a minimum of two situations; and may be demonstrated in a simulated emergency situation. Both a leadership and a support role must be undertaken by each candidate.
4. Responders who manage first aid must use accepted practices for treatment as referred to in unit standards 6400 and 6401. They could also use the accepted practices or techniques outlined in current first aid texts, examples include but are not limited to: New Zealand Mountain Safety Council *Outdoor First Aid Manual*, New Zealand Red Cross: "*Essential First Aid*", Order of St John: *First Aid Manual*, which can be obtained from bookstores throughout New Zealand.
5. Minimum first aid kit information can be found in the Occupational Safety and Health Service's Guidance Notes on Providing First aid Equipment, Facilities and Training. An electronic copy of this can be obtained from: <http://www.osh.dol.govt.nz>.

6. Sources of information for *accident statistics* may include but are not limited to – New Zealand Mountain Safety Council, New Zealand Resuscitation Council, Water Safety New Zealand, and Outdoors New Zealand.
7. All activities must comply with any relevant environmental, legislative and/or regulatory requirements set out in the *New Zealand Environmental Care Code*, Health and Safety in Employment Act 1992, Injury Prevention, Rehabilitation, and Compensation Act 2001, and their subsequent amendments. The *New Zealand Environmental Care Code* is available from the Department of Conservation, Head Office, PO Box 10420, Wellington.
8. There are minimum assessor requirements for assessment against this unit standard. The details of these requirements are available on the Skills Active website <http://www.skillsactive.org.nz>.

Overview of assessment

This assessment has 3 tasks:

Task 1: Pre-trip planning (written or oral questions)

Task 2: Lead the response to an emergency situation
(5 parts – a to e)

Task 3: Support the response to an emergency situation as an active group member
(4 parts – a to d)

Notes to Assessor:

1. The candidate must be assessed in a minimum of 2 different outdoor scenarios:
 - Scenario One as the group leader (Task 2)
 - Scenario Two as an active supportive group member (Task 3)

This way you should be able to assess two people at the same time, one in the leader role and one in the support role

2. Set up your scenarios to ensure each candidate has an active role in taking care of trauma, hypothermia and a medical condition. Include also issues specific to culture, gender or age. For example, in the first scenario (Task 2) the patient has hypothermia and a trauma. In the second scenario (Task 3) the patient has a medical problem and a cultural issue.
3. The pre-trip plan (Task 1) can be based on a different discipline to the one used for the practical assessment

Resources for all tasks:

NZMSC Outdoor Safety, Risk Management for Outdoor Leaders

NZMSC Bushcraft Manual

NZMSC Outdoor First Aid

New Zealand Red Cross: "*Essential First Aid*",

Order of St John: *First Aid Manual*,

New Zealand Resuscitation Council: *Emergency Care for First Responders*

Task 1: Pre-trip planning (written or oral questions)	
<p>Overview of Task 1: The focus of this assessment is on pre-trip planning for an outdoor activity (including researching common injuries), and on the procedures for handling a fatality.</p> <p>Resources: 424 Assessment Questions (attached at the end of this document) 424 Model Answers (available from a Skills Active Relationship Manger)</p> <p>Instruction to candidate: During the task you are required to:</p> <ul style="list-style-type: none"> • Describe common injuries and /or medical problems associated with your chosen activity. • Prepare an emergency plan for your chosen discipline. • Identify procedures for handling a fatality 	
<p>Element 1: Identify common emergencies and pre-trip emergency planning for an outdoor activity. Element 5: Make an evacuation plan for the patient (and/or the group) from the outdoor location to outside help.</p>	
Performance criteria	Evidence/Judgement
<p>1.1 Available information is accessed and injuries and/or medical problems common to the chosen outdoor activity are identified.</p> <p>Range: may include but is not limited to – accident/incident statistics.</p>	<p>Completes written or oral questions in full. Answers match '424 Model Answers'</p>
<p>1.2 Pre-trip emergency planning for their chosen discipline is identified.</p> <p>Range: must include – safety equipment, internal and external communication, first aid kit contents, knowledge of group's skill set and health issues, additional gear and equipment appropriate to the activity.</p>	
<p>5.2 The handling of fatalities is described according to police requirements, with variations identified which may be necessitated by conditions, resources and safety considerations.</p>	

Task 2: Lead the response to an emergency situation

Overview of Task 2: the focus of this assessment is to:

- Be the first person to respond to an emergency situation
- Establish clear lines of communication with all on site
- Maximise people and resources to manage patient condition and group safety
- Administer first aid and monitor patient to the standard in unit standards 6401 and 6400.
- Use on site resources to stabilise and transport the patient for 50 metres

Resources:

The equipment required will depend on the site and *chosen discipline* but must include a first aid kit and is likely to include:

- group gear (e.g. tent fly or raft, personal survival kits)
- natural resources (e.g. natural shelter from weather or natural materials to build shelter)

Notes to the assessor:

- The scenarios should:
- be appropriate to the discipline (i.e. caving, tramping, diving)
 - cover a range of trauma, hypothermia, medical conditions (see Notes to the Assessor on p2)
 - not include fatality or CPR as the outcome
 - involve carrying a non-walking patient for 50 metres
 - be of a total length of around 40 minutes each

The candidate should not be told what the injuries or conditions are.

Instruction to candidate:

During this task you are required to facilitate the following:

- Management of the situation, site and group
- Patient management
- Stabilising and moving the patient
- Communicating with emergency services
- Post incident actions

To achieve this it is expected that you to delegate some tasks to your group members

Element 2: Demonstrate initial response to emergency care management situations in the outdoors.

Range: trauma, hypothermia, medical problem.

Element 3: Assess and manage the patient's condition in line with current first aid practices and cultural considerations.

Element 4: Secure and transport the patient.

Element 5: Make an evacuation plan for the patient (and/or the group) from the outdoor location to outside help.

Throughout Task 2 the candidate:

- Shows confidence in role as leader
- May take part and/or delegate jobs to ensure outcomes are met

a) Management of the situation, site and group

Performance criteria	Evidence/Judgement
<p>2.1 The initial response ensures that the safety of the group and patient is not compromised, hazards are recognised and controls put in place.</p> <p>Range must include but is not limited to – minimising dangerous environmental conditions, establishing a 'safe' area for group members, establishing a communications network.</p>	<ul style="list-style-type: none"> • Establishes leadership • Oversees safety at all times: <ul style="list-style-type: none"> - Identifies all hazards and eliminates, isolates or minimizes immediate hazards - Establishes a safe zone which is free of hazards - Ensures that group members are taking care of their own basic needs (e.g. warmth, protection from elements) • Prioritises actions e.g. initial dangers, patient's needs and group requirements • Delegates tasks to manage: <ul style="list-style-type: none"> - The patient - The group - Resources • Communicates using clear instructions that are understood by group members • Establishes roles for individuals. Roles could include for example: <ul style="list-style-type: none"> - First aider - C-spine immobiliser - Recorder - Gofer • Identifies useful resources that are available from the group or the environment. <u>For example:</u> <ul style="list-style-type: none"> - cold river water for burns - newspaper or bedroll as arm splint • Ensures appropriate resources are used to maximise group safety and improve patient care. <u>For example:</u> <ul style="list-style-type: none"> - safety blanket - natural shelter from weather - shared body warmth and spare dry clothing for hypothermia - getting a fire going - Preparing food and drink.
<p>2.2 Group and resource management is established and maintained, and appropriate tasks are delegated using effective communication.</p> <p>Range: must include but is not limited to – people, resources, group care.</p>	
<p>2.3 On-site resources and the equipment available in the group or surroundings are used, and items are improvised, to maximise the safety of the group and patient and chances of their survival.</p>	

b) Patient management	
<p>3.1 The patient's condition is monitored and managed.</p> <p>Range: must include but is not limited to – monitoring and documenting vital signs (including peripheral circulation), general patient observations, patient position and comfort.</p>	<ul style="list-style-type: none"> • Ensures that throughout the task the patient is monitored, and adjustments made to their management as required. • Mechanism of injury is identified • Patient's medical problem(s) or injury is identified through: <ul style="list-style-type: none"> - Primary survey - Secondary survey (see Appendix 1 for detail) - Questioning of the patient • A systematic process is followed during patient assessment. For example D.R.A.B.C.S.; S.A.M.P.L.E. • At least two assessments and observations of the patient are accurate and documented. These must include any of the following relevant to the patient's condition(s) <ul style="list-style-type: none"> - pulse – rate, strength, quality - breathing – rate, strength, quality - level of consciousness - skin colour and temperature - patient's details - patient's medical history - patient's medications - peripheral circulation if limb injury is present • Patient is treated to the accepted standard referred to in unit standards 6401 and 6400.
<p>3.2 Actions and decisions are justified in terms of the patient's first aid needs, age, gender, and culture.</p>	<p>Patient management decisions are made in terms of first aid priorities, patient's cultural and personal needs.</p> <ul style="list-style-type: none"> • Serious first aid issues are dealt with first, then patient's personal needs integrated into treatment. For example: <ul style="list-style-type: none"> - Age: respect shown for age and ability to assist due to age - Gender: person of the same sex is delegated to perform secondary surveys - Culture: not stepping over limbs; minimising direct eye contact • Communication ensures the patient knows what is going on and why it is happening
c) Stabilising and moving the patient	
<p>4.1 Decision to secure the patient where found or transport the patient to an alternative location is made and justified.</p>	<ul style="list-style-type: none"> • Decides to move the patient or stabilise them where they are • Protects the patient from environmental conditions that may be detrimental to them (e.g. wind and/or wet) • Insulates them from the ground • Patient is kept comfortable where this does not interfere with assessment, treatment or transportation
<p>4.2 Effective protection from environmental conditions is provided for the patient.</p>	
<p>4.3 A non-ambulatory patient is</p>	<ul style="list-style-type: none"> • Manages the moving of a non-walking patient over 50 metres

<p>transported 50 metres in a safe manner that can be justified in relation to their condition, resources and people available, and terrain to be covered.</p>	<ul style="list-style-type: none"> • Ensures their condition is re-checked at least twice: once during and once after transportation
<p>d) Communicating with emergency services</p>	
<p>5.1 Information required by outside help or emergency services is identified, recorded and passed on.</p> <p>Range: must include but is not limited to – number of patients, patient's condition(s), number and condition of group, location, equipment, medication(s) needed, weather and environmental conditions.</p>	<ul style="list-style-type: none"> • A systematic method is used of collecting and communicating the following information: <ul style="list-style-type: none"> - Number of patients (including names and ages where appropriate) - Patient(s) condition(s) - Number and condition of group - Location e.g. grid reference; travel time from road end - Weather and environmental conditions - Equipment and/or medication needed • Ensures information is passed on to emergency services by the most effective and safe option available. E.g. use of radio, cell phone or written material taken by group members • Verifies whether outside party has received full information
<p>e) Post-incident actions</p>	
<p>5.3 The group's needs are identified and decisions made to ensure group safety.</p> <p>Range: may include – de-brief, continue with the outdoor activity, evacuate.</p>	<ul style="list-style-type: none"> • Implements next step (e.g. de-brief and/or continue or halt activity). • Describes in detail to the assessor an evacuation plan: what actions would follow to continue the evacuation of the patient (and group if necessary) • In a discussion on the activity, actions and decisions are justified to the assessor in relation to: <ul style="list-style-type: none"> - Patient condition and safety - Patient's personal needs - Group safety and capabilities - Environmental and weather conditions - Organisation requirements (if applicable) <p>The decisions should include whether to continue or halt activity; patient management decisions; whether patient was moved or not</p>
<p>3.2 Actions and decisions are justified in terms of the patient's first aid needs, age, gender, and culture.</p>	
<p>4.1 Decision to secure the patient where found or transport the patient to an alternative location is made and justified.</p>	

Task 3: Support the response to an emergency situation as an active group member

Overview of Task 3: The focus of the assessment is to

- Follow instructions given by the scenario leader
- Assist to manage an emergency situation, site and group
- Assist to manage a patient
- Assist to stabilise and move a patient

Resources:

The equipment required will depend on the site and *chosen discipline* but must include a first aid kit and is likely to include:

- group gear (e.g. tent fly or raft, personal survival kits)
- natural resources (e.g. natural shelter from weather or natural materials to build shelter)

Notes to assessor:

It is expected the candidate will be responsible for at least half the actions required to assess and manage the patient

Instruction to candidate for active support role:

During this task you are required to:

- Co-operate and confidently complete a task to instructions given by your scenario leader
- Clarify instructions with your scenario leader if not understood
- Communicate clearly
- Give the leader any information relevant to your delegated task
- Be responsible for at least half the actions required to assess and manage the patient (to the accepted standard referred to in unit standards 6401 and 6400).

Element 2: Demonstrate initial response to emergency care management situations in the outdoors.
Range: trauma, hypothermia, medical problem.

Element 3: Assess and manage the patient's condition in line with current first aid practices and cultural considerations.

Element 4: Secure and transport the patient.

Element 5: Make an evacuation plan for the patient (and/or the group) from the outdoor location to outside help.

Throughout Task 3:

- The safety of self, the immediate group and patient are not compromised
- Communication is clear and understood
- Candidate shows confidence in support role
- Candidate completes all tasks as delegated to them

a) Management of the situation, site and group	
Performance criteria	Evidence/Judgement
<p>2.3 On-site resources and the equipment available in the group or surroundings are used, and items are improvised, to maximise the safety of the group and patient and chances of their survival.</p>	<p>Within their delegated task:</p> <ul style="list-style-type: none"> • Ensures useful resources are identified (e.g. cold river water for burns, newspaper as arm splint) • Ensures appropriate resources are used to best advantage of the patient and/or group (e.g. safety blanket, natural shelter from weather, share body warmth & spare dry clothing for hypothermia,)
b) Patient management	
<p>3.1 The patient's condition is monitored and managed.</p> <p>Range: must include but is not limited to –</p> <p>monitoring and documenting vital signs (including peripheral circulation), general patient observations, patient position and comfort.</p>	<p>Completes at least half of the following as requested by the leader:</p> <ul style="list-style-type: none"> • A systematic process is followed during patient assessment. • At least two physical assessments and observations of the patient are accurate and documented. These must include any of the following relevant to the patient's condition(s) <ul style="list-style-type: none"> - pulse – rate, strength, quality - breathing – rate, strength, quality - level of consciousness - skin colour and temperature - patient's details - patient's medical history - patient's medications - peripheral circulation if limb injury is present • Patient management decisions are made in terms of first aid priorities, patient's cultural and personal needs. <ul style="list-style-type: none"> - Serious first aid issues are dealt with first, then patient's personal needs integrated into treatment. - Communication ensures the patient knows what is going on and why it is happening
<p>3.2 Actions and decisions are justified in terms of the patient's first aid needs, age, gender, and culture.</p>	
c) Stabilising and moving the patient	
<p>4.2 Effective protection from environmental conditions is provided for the patient.</p>	<ul style="list-style-type: none"> • Protects the patient from environmental conditions that may be detrimental to them (e.g. wind and/or wet)
d) Communicating with emergency services	
<p>5.1 Information required by outside help or emergency services is identified, recorded and passed on.</p> <p>Range: must include but is not limited to – number of patients, patient's condition(s), number and condition of group, location, equipment, medication(s) needed, weather and environmental conditions.</p>	<ul style="list-style-type: none"> • Gives relevant information (gained through their delegated tasks) to the leader. E.g. <ul style="list-style-type: none"> - patient's condition and condition trend - physical and/or mental well being of group members - additional equipment or medication required

Candidate Name _____ NSN _____

Unit 424 (v7) Checklist
Respond to an emergency care situation for an outdoor activity

Assessor name: _____

Organisation name: _____

C/NYC

Comments

Task 1: Pre-trip planning (written or oral questions)

Completes written or oral questions in full
 Answers match those supplied in the model answers.

Task 2: Lead the response to an emergency situation

- Shows confidence in role as leader
- May take part and/or delegate to ensure outcomes are met

a) Management of the situation, site and group

- Establishes leadership
- Oversees safety at all times:
- Prioritises actions
- Delegates tasks to manage the patient; group; resources
- Communicates using clear instructions that are understood
- Establishes roles e.g. first aider; C-spine immobiliser; recorder; gofer
- Identifies useful resources; ensures they are used to maximise group safety and improve patient care.

b) Patient management

- Ensures that throughout the task the patient is monitored, and adjustments made to their management as required.
- Mechanism of injury is identified
- Patient's medical problem(s) or injury is identified using a systematic process
- At least two physical assessments and observations of the patient are accurate and documented.
- Patient treated to the standard in units 6401 and 6400.
- Patient management decisions are made in terms of first aid priorities, patient's cultural and personal needs.

c) Stabilising and moving the patient

- Decides to move the patient or stabilise them where they are
- Protects the patient from environmental conditions; insulates them from the ground; keeps comfortable where possible
- Manages the moving of patient over 50 metres
- Ensures their condition is re-checked at least twice

d) Communicating with emergency services

- A systematic method is used of collecting information
- Ensures information is passed on using the best option.

<ul style="list-style-type: none"> • Verifies whether outside party has received full information 			
e) Post-incident actions			
<ul style="list-style-type: none"> • Implements next step – debrief, continue or halt activity • Describes in detail an evacuation plan • In a discussion on the activity, actions and decisions are justified to the assessor 			
Task 3: Support the response to an emergency situation as an active group member			
<ul style="list-style-type: none"> • The safety of self, group and patient are not compromised • Communication is clear and understood • Candidate shows confidence in support role • Candidate completes all tasks as delegated to them 			
a) Management of the situation, site and group			
<ul style="list-style-type: none"> • Ensures useful resources are identified • Ensures appropriate resources are used to best advantage of the patient and/or group 			
b) Patient management			
<ul style="list-style-type: none"> • A systematic process is followed during patient assessment. • At least two physical assessments and observations of the patient are accurate and documented. • Patient management decisions are made in terms of first aid priorities, patient’s cultural and personal needs. 			
c) Stabilising and moving the patient			
<ul style="list-style-type: none"> • Protects the patient from environmental conditions 			
d) Communicating with emergency services			
<ul style="list-style-type: none"> • Gives relevant information to the leader. 			
DATE	CANDIDATE’S SIGNATURE	ASSESSOR’S SIGNATURE	C/NYC
Comments:			



Written / Oral Questions

Respond to an emergency care situation for an outdoor activity

Unit Standard: 424

Level: 3 Credit: 5 Version: 7

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Candidate Name

The purpose of these questions is to check that you:

- can plan for emergencies in an outdoor activity
- can source information on common injuries for that activity
- know what the police requirements are for handling a fatality

Answer all questions in full

Questions meet the requirements for PCs 1.1, 1.2 and 5.2

1. Prepare an emergency plan for your chosen outdoor activity. This must include:

- safety equipment required
- a plan for internal and external communication (and what equipment will be required)
- first aid kit contents
- what information will be required from the group
- additional gear and equipment appropriate to the activity
- a description of common injuries and/or medical problems that occur in your activity (such as accident/incident statistics, incident causal factors)
- the sources you used for information on common injuries and/or medical problems

2. a) Describe the handling of fatalities according to police requirements.

b) Describe what might impact on you being able to do this.



Appendix 1: Patient Management

Respond to an emergency care situation for an outdoor activity

Unit Standard: 424

Level: 3 Credit: 5 Version: 7

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This may provide a useful feedback tool when debriefing candidates

Secondary Survey:

Head

- Palpates all areas, examines for lumps, bumps, deformities or bleeding
- Assess pupils are equal and reactive to light
- Look behind the ears and in the ears
- Check for fluid loss, bleeding
- Check in mouth
- Check breath for unusual smells

Neck

- Palpates all areas, examines for lumps, bumps, or deformities
- Check for fluid loss, bleeding
- Looks at veins and trachea
- Check for Medic Alert

Chest/back

- Palpates all areas, examines for lumps, bumps, deformities or bleeding
- Looks for chest symmetry

Arms

- Palpates all areas, examines for lumps, bumps, deformities or bleeding
- Movement
- Sensation

Hands

- Palpates all areas, examines for lumps, bumps, deformities or bleeding
- Movement
- Sensation

Abdomen

- Palpate the four quadrants, examine for lumps, bumps, deformity, pressure, swelling or bleeding
- Look for bruising

Legs

- Examine for lumps, bumps, deformity, pressure swelling or bleeding
- Movement
- Sensation

Feet

- Examine for lumps, bumps, deformity, pressure swelling or bleeding
- Movement
- Sensation