

SICK CALL SCREENER COURSE



SCSC PERFORMANCE TEST 12
ADMINISTRATOR'S GUIDE

FOR

SICK CALL SCREENER
ASSESS AND TREAT ENVIRONMENTAL COLD AND HEAT INJURIES

SEPTEMBER 2018

INSTRUCTIONS TO THE ADMINISTRATOR:

Overview – Environmental Cold and Heat Injuries Performance Test (Week-2, Day 10)

This practical application performance evaluation test will be administered to the entire class. The trainee will be introduced to a real or simulated patient (a person acting as a patient) that will require them to assess and treat cold and heat injuries on a real or simulated patient (a person acting as a patient). Instructors will evaluate the decisions, behaviors, responses and actions of the trainee.

General Precautions:

1. Instructors, trainees and visitors must comply with all general safety procedures that are posted in the MTF/Clinic/lab environment.

Safety Requirements:

1. There are no skill specific safety hazards for this performance test
2. Review Training-Time-Out (TTO) procedures
3. Trainees will not practice if an instructor is not present
4. Trainees may not take equipment out of the MTF/Clinic/lab environment

Special Instructions (For Instructors):

1. Ensure all trainees are briefed on “TTO” policy and procedures prior to each high or moderate-risk evolution or laboratory. For multi-day or all-day evolutions, “TTO” shall be re-briefed prior to the start of training following major breaks, such as mealtimes. Evolution-specific “TTO” procedures should be added where needed. These procedures should be standardized to conform with established fleet distress indicators where appropriate. Emphasis shall be placed on specific verbal and nonverbal signals to be used by trainees and instructors.
2. A “TTO” may be called in any training situation where a trainee or instructor expresses concern for personal safety or requests clarification of procedures or requirements. “TTO” is also an appropriate means for a trainee to obtain relief if he or she is experiencing fear, stress, extreme exhaustion, or lack of confidence.
3. Instructors are responsible for maintaining situational awareness and shall remain alert to signs of trainee panic, fear, extreme exhaustion, or lack of confidence that may impair safe completion of the training exercise. Instructors shall cease training immediately when they consider such action appropriate.
4. Following a “TTO”, the situation shall be examined and additional explanation and instruction shall be provided as needed to allow safe resumption of training. Once the lead instructor on scene is fully apprised of the problem, he/she shall direct all training to cease or training with unaffected trainees to continue, based on the situation.

5. If a trainee refuses to participate in training after being instructed or after an unsafe condition has been corrected, or uses “TTO” excessively to disrupt training, that trainee shall be removed from training and referred for further counseling.

Basic “TTO” Trainee Briefing:

1. A Training-Time-Out (TTO) may be called by any trainee or instructor, in any training situation where they are concerned for their own or another's safety, or they request clarification of procedures or requirements. “TTO” is also an appropriate means for a trainee to obtain relief if he or she is experiencing fear, stress, extreme exhaustion, or lack of confidence. The purpose of the “TTO” is to correct the situation of concern, provide clarifying information, or remove the trainee or instructor from the possible hazardous environment. A “TTO” may be signaled by (Insert appropriate nonverbal, alarm, or hand signal). If the “TTO” signal is not acknowledged, the signaler shall shout "Time Out" (or other action as required by the training activity). The instructor shall attempt to relieve and remove the trainee from the possible hazardous environment. If an adequate number of instructors are available to allow training to continue safely, the lead instructor may elect to do so. However, if this is not practical, training will be stopped until the situation is corrected.

Equipment:

1. Real or simulated patient (a person acting as a patient)
2. Thermometer
3. Stethoscope
4. Sphygmomanometer
5. Pulse Oximeter
6. Gloves
7. Oxygen Tank
8. Oxygen Mask and Tubing
9. Black permanent Marker
10. Materials needed to open and maintain airway
11. Heat Source
12. Warming Blankets
13. Moist Towels
14. Heating Pads

Lab Area/Training Area Set-Up:

1. Lab Area – A training facility such as a hospital or clinic examination room, or training space with a mock examination room.

STAFF: Instructor(s) should lead by example and apply all safety and procedural measures taught to trainees each and every time they demonstrate them.

- a. The trainees will be equally separated into groups and assigned assessment stations (as determined appropriate by the lead instructor and based upon the number of available trainees/instructors).

STAFF: One instructor shall be assigned the duties of lead instructor and will receive all grading reports provided by each assessment station instructor. This lead instructor shall be responsible for oversight and control of all instructors and assessment stations.

- (1) An instructor shall be assigned to each of the assessment stations to evaluate the trainee using the performance checklist provided here-in.

Performance Evaluation Procedures:

1. The evaluation will be implemented utilizing the information contained in this performance test direction for scoring, rubric and checklist(s). Each assessment station will have a copy of this performance test to include the rubric and performance checklist and scenario information, as needed. Each trainee must obtain an overall cumulative passing grade of 70% on each evaluation checklist. The standard for this performance test is a grade of Satisfactory or Unsatisfactory (Pass/Fail), a grade of Satisfactory is obtained by achieving 70% or above on each applicable evaluation checklist. The instructor will observe and grade each trainee's performance utilizing the performance checklist(s) provided.
 - a. Use of real patients: Trainee will perform the skills and behaviors as trained in front of an assigned instructor. The instructor will document the trainee's performance by filling out the points awarded on the performance checklist and submit it to the lead instructor. If the trainee is also completing a PQS the assigned instructor can also complete the PQS entry.
 - b. Use of simulated patients: In the event a real patient is unavailable or the instructor prefers to execute the performance test on a simulated patient, this performance test will be done using a person acting as a patient (another trainee, staff or instructor) and an instructor to provide scenario based vital signs, information and answers to the trainee's examination questions.
 - c. To effectively evaluate the decisions, behaviors, and performance of this test and adequately assess each trainee's ability to apply learned skill sets, procedures, and techniques. The instructional staff shall make every effort to ensure that all enabling objectives outlined in the lesson topic are evaluated during the evaluation process.
 - d. Instructor(s) will provide the trainee with both positive and negative feedback, as appropriate regarding their performance.

NOTE: Safety is Paramount; Instructor's shall immediately take action and halt any evaluation on a real or simulated patient when a safety concern arises and the instructor has deemed it appropriate. This will be implemented by calling a Training-Time-Out (TTO).

2. Final Remediation and Re-Testing

- a. Remediation – If a trainee fails to obtain a grade of satisfactory (70%) on this performance test, the trainee shall receive remedial training in the areas of deficiency and be afforded additional opportunities to demonstrate satisfactory proficiency in performing the assigned skills. The remedial evaluation will be done after a staff instructor has conducted remedial instruction in the proper application of learned techniques and procedures.
- b. Any trainee unable or unwilling to properly perform the procedures will be counselled as deemed appropriate by the lead instructor and/or designated Command representative(s).

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A. INTRODUCTION

Upon successful completion of this performance test the trainee will be able to assess and treat cold and heat injuries on a real or simulated patient (a person acting as a patient).

B. EQUIPMENT LIST: The primary instructor is responsible for checking that all of the below equipment is available in the lab before the lab is scheduled to begin:

1. Real or simulated patient (a person acting as a patient)
2. Thermometer
3. Stethoscope
4. Sphygmomanometer
5. Pulse Oximeter
6. Gloves
7. Oxygen Tank
8. Oxygen Mask and Tubing
9. Black permanent Marker
10. Materials needed to open and maintain airway
11. Heat Source
12. Warming Blankets
13. Moist Towels
14. Heating Pads

C. REFERENCES

1. Emergency Care, 13th Edition, Limmer, Chapter 31, Environmental Emergencies
2. Seidel's Guide to Physical Examination, 8th Ed., Jane W. Ball, Joyce E. Dains, John A. Flynn, Barry S. Soloman, Rosalyn W. Stewart, Mosby, an imprint of Elsevier Inc., 2015

D. SAFETY PRECAUTIONS

1. Instructors, trainees and visitors must comply with all general safety procedures that are posted in the lab environment or provided in the lesson plan.
2. There are no skill specific safety hazards for this performance test.
3. Review TTO procedures
4. Trainees will not practice if an instructor is not present
5. Trainees may not take equipment out of the MTF/Clinic/lab environment

E. JOB STEPS

1. Trainee Instructions:

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- a. The purpose of this performance test is to evaluate the trainee's knowledge of assessing and treating heat and cold injuries.
- b. The trainee must provide assessment & treatment of heat and cold injuries.
- c. The trainee has 20 minutes to complete this examination.
- d. The trainee is not allowed to use the reference in the performance of this performance test.
- e. The trainee will wear appropriate attire during the practice and actual performance test evaluation. This includes athletic shorts, t-shirt and sports bras for females.

2. Evaluator Instructions:

- a. The contact ratio for this performance test is 1:3. This implies that the instructor will assess 3 trainees in one hour. The primary instructor will ensure that all the instructors assigned to assess trainees in this lab have completed prerequisite qualifications, are notified of assignment, are instructed to re-familiarized themselves with the performance test and lab process (how to use the rubric), and are at their appointed stations during the lab.
- b. Before starting the test, answer trainees' questions and make sure they understand what they are supposed to do. Once readiness has been established, implement and evaluate the trainees' performance using the rubric provided below.

F. STANDARD

SATISFACTORY PERFORMANCE: The trainee must achieve a minimum passing score of 70% (90 points and performance of critical events to pass).

UNSATISFACTORY PERFORMANCE: Failure to achieve a minimum passing grade of 70% (90 or less points). Trainees who demonstrate unsatisfactory performance on their second attempt will be counseled and remediated.

G. DIRECTIONS FOR SCORING

Instructors will use the "Maximum Points Performance" description to determine if the trainee has successfully demonstrated the "Event" listed in the rubric below and should receive 2 points. Trainees that require prompting may receive partial points on the score of 1 point if the event is not CRITICAL (Partial Points blacked out). The trainee will receive 0 points if they do not successfully perform after prompting. Trainees must pass all critical items listed and achieve a 70% overall to pass this lab (see Satisfactory Performance above).

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Rubric

Event	Max Points	Maximum Points Performance	Partial Points	Partial Points Performance	Failing Points
TREAT A PATIENT WITH A LOCAL COLD INJURY					
Take standard precaution	2	Takes standard precautions			0
Remove from Environment	2	Remove patient from environment			0
Remove wet or restrictive clothing	2	Remove wet or restrictive clothing and all jewelry, cover with blanket			0
Avoid rough handling of casualty	2	Avoid rough handling of casualty	1	Prompt required	0
Limit patient ambulance	2	Do not allow casualty to walk or exert energy	1	Prompt required	0
Assess vital signs	2	Assess patient's vital signs			0
Administer O2	2	Administer O2	1	Prompt required	0
Add warming blankets	2	Add warming blankets or additional blankets if available			0
Provide heat to axillary areas	2	Place heat to groin, axillary and cervical areas	1	Prompt required	0
Assess for tingling sensation	2	As rewarming begins, assess casualty for tingling sensation	1	Prompt required	0
Assess swelling	2	Assess for swelling			0
Assess blisters	2	Assess for blistering (Do not break blisters)			0
Assess flushing	2	Assess for flushing, mottling and/or cyanosis			0
Splint extremity	2	Splint extremity	1	Prompt required	0
Cover extremity	2	Cover Extremity	1	Prompt required	0
Do not massage area	2	Do not rub or massage area			0
Do not re-expose	2	Do not re-expose			0
Apply heat	2	Apply heat	1	Prompt required	0

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Event	Max Points	Maximum Points Performance	Partial Points	Partial Points Performance	Failing Points
Limit patient use of extremity	2	Do not allow patient to use extremity	1	Prompt required	0
Transport patient	2	Transport patient to a higher echelon	1	Prompt required	0
Immerse in warm water	2	If transport is delayed, Immerse effected part in warm water, 100-105 degrees Fahrenheit	1	Prompt required	0
Maintain water temp	2	Maintain water at that temp	1	Prompt required	0
Stir water	2	Continuously stir water	1	Prompt required	0
Return sensation	2	Continue until that part is soft and color and sensation return	1	Prompt required	0
Apply dressing	2	Dress the area with a dry sterile dressing	1	Prompt required	0
Protect injury	2	Protect from refreezing	1	Prompt required	0
TREAT A PATIENT WITH COLD RELATED HYPOTHERMIA					
Standard precautions	2	Takes standard precautions			0
Remove patient	2	Remove from environment			0
Remove restrictive clothing	2	Remove wet or restrictive clothing and all jewelry, cover with blanket			0
Handling with care	2	Avoid rough handling of casualty	1	Prompt required	0
Aid patient's needs	2	Do not allow casualty to walk or exert energy	1	Prompt required	0
Assess for vital signs	2	Assess patient's vital signs			0
Oxygen	2	Administer O2	1	Prompt required	0
Patient warming	2	Add warming blankets or additional blankets if available			0
Heat placement	2	Place heat to groin, axillary and cervical areas	1	Prompt required	0
Gradually increase	2	Gradually increase ambient temperature in treatment area or transport vehicle until	1	Prompt required	0

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Event	Max Points	Maximum Points Performance	Partial Points	Partial Points Performance	Failing Points
ambient temperature		patient's core temperature reaches normal levels			
Nothing by mouth	2	Do not provide anything by mouth	1	Prompt required	0
Do not massage	2	Do not massage extremities	1	Prompt required	0
Monitor vital signs	2	Monitor vital signs			0
Treat for shock	2	Treat for shock			0
Transport	2	Transport patient	1	Prompt required	0
TREAT A PATIENT WITH A HEAT RELATED INJURY					
Remove patient	2	Remove from hot environment			0
Assess for vital signs	2	Assess patient's vital signs			0
Oxygen	2	Administer O2	1	Prompt required	0
Remove restrictive clothing	2	Loosen, remove clothing			0
Cool down patient	2	Cool by fanning			0
Cold pack applications	2	Apply cool packs to neck, groin, and axillary regions			0
Skin	2	Keep skin wet	1	Prompt required	0
Hydrate patient	2	If responsive, give cool water	1	Prompt required	0
Heat cramps	2	Apply moist towels to cramps	1	Prompt required	0
Repositioning	2	If unresponsive, place on left side			0
Muscle cramps	2	Assess for muscular cramps	1	Prompt required	0
Patient weakness	2	Assess for weakness or exhaustion	1	Prompt required	0
Breathing	2	Assess for rapid shallow breathing			0
Pulse	2	Assess for weak pulse			0
Skin assessment	2	Assess moist pale skin, normal to cool	1	Prompt required	0
Perspiration	2	Assess for heavy perspiration or little to none	1	Prompt required	0

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Event	Max Points	Maximum Points Performance	Partial Points	Partial Points Performance	Failing Points
Level of consciousness	2	Assess for level of consciousness			0
Pupil size	2	Assess for dilated or pinpoint pupils	1	Prompt required	0
Reposition	2	Place in supine position	1	Prompt required	0
Shock	2	Treat for shock			0
Transport	2	Transport patient	1	Prompt required	0
PRESENT A PATIENT					
Present Findings	2	Present findings of focused physical exam to provider			0
Document Findings	2	Document all history, findings interventions and procedures			0

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Trainee: _____ Instructor: _____

Date: _____ Signature: _____

Actual Time Started: _____

Possible Points
Points Awarded

TREAT A PATIENT WITH A LOCAL COLD INJURY		
*Takes standard precautions	2	
*Remove patient from environment	2	
*Remove wet or restrictive clothing and all jewelry, cover with blanket	2	
Avoid rough handling of casualty	2	
Do not allow casualty to walk or exert energy	2	
*Assess patient's vital signs	2	
Administer O2	2	
*Add warming blankets or additional blankets if available	2	
Place heat to groin, axillary and cervical areas	2	
As rewarming begins assess casualty for tingling sensation	2	
*Assess for swelling	2	
*Assess for blistering (Do not break blisters)	2	
*Assess for flushing, mottling and/or cyanosis	2	
Splint extremity	2	
Cover Extremity	2	
*Do not rub or massage area	2	
*Do not re-expose	2	
Apply heat	2	
Do not allow patient to use extremity	2	
Transport patient to a higher echelon, If transport is delayed:	2	
If transport is delayed, immerse effected part in warm water, 100-105 degrees F	2	
Maintain water at that temp	2	
Continuously stir water	2	
Continue until that part is soft and color and sensation return	2	
Dress the area with a dry sterile dressing	2	
Protect from refreezing	2	
SUBTOTAL	52	
TREAT A PATIENT WITH COLD RELATED HYPOTHERMIA		
*Takes standard precautions	2	
*Remove from environment	2	
*Remove wet clothing, cover with blanket	2	
Avoid rough handling of casualty	2	
Do not allow casualty to walk or exert energy	2	
*Assess patient's vital signs	2	

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Administer Oxygen	2	
*Add warming blankets or additional blankets if available	2	
Place heat to groin, axillary and cervical areas	2	
Gradually increase ambient temperature	2	
Do not provide anything by mouth	2	
Do not massage extremities	2	
*Monitor vital signs	2	
*Treat for shock	2	
Transport patient	2	
SUBTOTAL	30	
TREAT A PATIENT WITH A HEAT RELATED INJURY		
*Remove from hot environment	2	
*Assess patient's vital signs	2	
Administer Oxygen	2	
*Loosen, remove clothing	2	
*Cool by fanning	2	
*Apply cool packs to neck, groin, and axillary regions	2	
Keep skin wet	2	
If responsive, give cool water	2	
Apply moist towels to cramps	2	
*If unresponsive, place on left side	2	
Assess for muscular cramps	2	
Assess for weakness or exhaustion	2	
*Assess for rapid shallow breathing	2	
*Assess for weak pulse	2	
Assess moist pale skin, normal to cool	2	
Assess for heavy perspiration or little to none	2	
*Assess for level of consciousness	2	
Assess for dilated or pinpoint pupils	2	
Place in supine position	2	
*Treat for shock	2	
Transport patient	2	
SUBTOTAL	42	
PRESENT A PATIENT		
*Present findings of focused physical exam to provider	2	
*Document all history, findings interventions and procedures	2	
SUBTOTAL	4	

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PERFORMANCE TEST TOTAL SCORE	Possible Points	Points Awarded
TREAT A PATIENT WITH A LOCAL COLD INJURY	52	
TREAT A PATIENT WITH COLD RELATED HYPOTHERMIA	30	
TREAT A PATIENT WITH A HEAT RELATED INJURY	42	
PRESENT A PATIENT	4	
TOTAL POSSIBLE POINTS	128	
TOTAL POINTS SCORED BY TRAINEE		

Instructor Signature: _____ Date: _____ PASS / FAIL