

**Practical Exam Sheet**  
**For student's Clinical Performance in**  
**Basic Emergency Care CHS 243**

Student's Name:

Date:

Group no.:-

<b>Measuring Body Temperature</b>		<b><u>Total Grade</u></b>	<b><u>Student's marks</u></b>	<b><u>Comment</u></b>
<b>No.</b>	<b>Evaluation Items</b>			
<b>1</b>	<b>Grooming ,lab coat &amp; attitudes.</b>	<b>1</b>		
<b>2</b>	<b>Normal body temperature, (36.5-37.5°C).</b>	<b>0.5</b>		
<b>3</b>	<b>Rises body temperature called hyperthermia.</b>	<b>0.5</b>		
<b>4</b>	<b>Low body temperature called hypothermia.</b>	<b>0.5</b>		
<b>5</b>	<b>Sites to measure body temperature (3 at least).</b>	<b>1.5</b>		
<b>6</b>	<b>Time lapse &amp; reading after oral, axillary &amp; rectal temperature.</b>	<b>1.5</b>		
<b>7</b>	<b>In oral temperature remove the thermometer from the storage container and cleanse it from bulb's toward the fingertip .</b>	<b>0.5</b>		
<b>8-</b>	<b>check the thermometer &amp; shake it if the mercury over 35°C</b>	<b>1</b>		
<b>9-</b>	<b>Place the thermometer in the client mouth under the tongue and instruct the client to hold the lips closed.</b>	<b>1</b>		
<b>10-</b>	<b>Remove the thermometer and read at eye level and rotate slowly until the mercury level is visualized.</b>	<b>1</b>		
<b>11-</b>	<b>Measures for reuse mercury thermometer, just wash under running water.</b>	<b>1</b>		
<b>Total Marks</b>		<b>10</b>		
<b>Teacher's Name:</b>		<b>Teacher's Signature</b>		

**Practical Exam Sheet**  
**For student's Clinical Performance in**  
**Basic Emergency Care CHS 243**

Student's Name:

Date:

Group no. :-

<b>Pulse &amp; respiration</b>		<b><u>Total Grade</u></b>	<b><u>Student's marks</u></b>	<b><u>Comment</u></b>
<b>No.</b>	<b>Evaluation Items</b>			
<b>1</b>	<b>Grooming ,lab coat &amp; attitudes.</b>	<b>1</b>		
<b>2</b>	<b>Normal range of adult pulse between 60-100b./m/.</b>	<b>1</b>		
<b>3</b>	<b>High pulse called tachycardia.</b>	<b>1</b>		
<b>4</b>	<b>Low pulse called bradycardia</b>	<b>0.5</b>		
<b>5</b>	<b>Sites to measure pulse (3 at least).</b>	<b>1.5</b>		
<b>6</b>	<b>For radial pulse put the two or three middle fingers at the true site.</b>	<b>0.5</b>		
<b>7</b>	<b>Palpate &amp; count the pulse for full one minute.</b>	<b>0.5</b>		
<b>8</b>	<b>Normal range of adult respiration between 12 &amp; 16 c./m.</b>	<b>1</b>		
<b>9</b>	<b>Rapid respiration called hyperventilation.</b>	<b>1</b>		
<b>10</b>	<b>Slow respiration called hypoventilation.</b>	<b>1</b>		
<b>11</b>	<b>Place the hand on chest &amp; count the respiration.</b>	<b>1</b>		
<b>Total Marks</b>		<b>10</b>		
<b>Teacher's Name:</b>		<b>Teacher's Signature</b>		

**Practical Exam Sheet**  
**For student's Clinical Performance in**  
**Basic Emergency Care CHS 243**

Student's Name:

Date:

Group no.:-

<b>Measuring Blood Pressure</b>		<b><u>Total Grade</u></b>	<b><u>Student's marks</u></b>	<b><u>Comment</u></b>
<b>No.</b>	<b>Evaluation Items</b>			
<b>1</b>	<b>Grooming ,lab coat &amp; attitudes.</b>	<b>1</b>		
<b>2</b>	<b>Normal blood pressure range 120/80mm.hg.</b>	<b>1</b>		
<b>3</b>	<b>High blood pressure called hypertension.</b>	<b>0.5</b>		
<b>4</b>	<b>Low blood pressure called hypotension.</b>	<b>0.5</b>		
<b>5</b>	<b>Open the mercury, make sure that the cuff, pump &amp; tubes are functioning.</b>	<b>1</b>		
<b>6</b>	<b>Apply the cuff on forearm correctly &amp; put the stethoscope over the site of brachial artery.</b>	<b>1</b>		
<b>7</b>	<b>Clean the earpieces with alcohol &amp; insert it into the ear correctly.</b>	<b>1</b>		
<b>8</b>	<b>Close the pump &amp; elevate the mercury.</b>	<b>1</b>		
<b>9</b>	<b>Release the valve of the cuff carefully &amp; note in the mercury line the first sound</b>	<b>1</b>		
<b>10</b>	<b>Continue to deflate the cuff gradually, noting the point at which sound disappear or changed.</b>	<b>1</b>		
<b>11</b>	<b>Remove the cuff from the arm &amp; fold it then close the mercury tank.</b>	<b>1</b>		
<b>Total Marks</b>		<b>10</b>		
<b>Teacher's Name:</b>		<b>Teacher's Signature</b>		

**Practical Exam Sheet**  
**For student's Clinical Performance in**  
**Basic Emergency Care CHS 243**

Student's Name:

Date:

Group no.:-

<b>Primary Survey</b>		<b><u>Total Grade</u></b>	<b><u>Student's marks</u></b>	<b><u>Comment</u></b>
<b>No.</b>	<b>Evaluation Items</b>			
<b>1</b>	<b>Grooming, lab coat &amp; attitudes.</b>	<b>1</b>		
<b>2</b>	<b>Assess the situation &amp; make own safety first.</b>	<b>1</b>		
<b>3</b>	<b>Assess a victim consciousness, asking question or by shaking.</b>	<b>1</b>		
<b>4</b>	<b>If she respond, treat her &amp; call 997</b>	<b>0.5</b>		
<b>5</b>	<b>If she not respond, shout for help, open the airway (head tilt – chin lift) &amp; assess her breathing by looking, listen &amp; feel / cervical spine stabilization.</b>	<b>1.5</b>		
<b>6</b>	<b>If she breathe, turn her into recovery position, and call 997.</b>	<b>1</b>		
<b>7</b>	<b>If she not breath &amp; assess her circulation by checking carotid pulse. No pulse = conduct CPR</b>	<b>2</b>		
<b>8</b>	<b>Pulse is present then continue primary survey , check Disability AVPU</b>	<b>1</b>		
<b>9</b>	<b>Expose and Examine.</b>	<b>1</b>		
<b>Total Marks</b>		<b>10</b>		
<b>Teacher's Name:</b>		<b>Teacher's Signature</b>		

**Practical Exam Sheet**  
**For student's Clinical Performance in**  
**Basic Emergency Care (243 CHS)**  
**(Core Course)**

Student's Name:

Date:

Group no.:-

<b>Bleeding &amp; Wound Care</b>		<b><u>Total Grade</u></b>	<b><u>Student's marks</u></b>	<b><u>Comment</u></b>
<b>No.</b>	<b>Evaluation Items</b>			
1	Grooming ,lab coat & attitudes.	1		
2	Check first whether there is an object embedded in the wound.	0.5		
3	Put the gloves if available.	0.5		
4	Remove or cut clothing as necessary.	0.5		
5	If the wound is dirty clean it by rinsing under water or use an alcohol free wipe, then clean the surrounding area with soap & water.	0.5		
6	Apply direct pressure over the wound by sterile dressing or clean pad.	1		
7	Secure the dressing with a bandage to be tight enough to maintain pressure. ( not too tight that impairs circulation)	1		
8	Help the victim lie down & maintain warmth if shock is suspected.	1		
9	Keep injured part supported by sling& or dressing firmly over the wound & raised above the level of the heart to reduce blood loss. (handle the limb very gently if any fracture is suspected)	1		
10	If there is an object embedded in the wound bandage over it without pressing down.	1		
11	If further bleeding occurs apply a second dressing on top of the first. ( if there is seepage remove both & apply a fresh one)	0.5		
12-	Monitor vital signs, level of response & signs of shock. ( rapid pulse, pale, cold clammy skin & sweating with low blood pressure)	1		
13-	dial 997 & arrange for hospital transferred if necessary.	0.5		
<b>Total Marks</b>		<b>10</b>		
<b>Teacher's Name:</b>		<b>Teacher's Signature</b>		





**Practical Exam Sheet**  
**For student's Clinical Performance in**  
**Basic Emergency Care (243 CHS)**  
**(Core Course)**

Student's Name:

Date:

Group no.:-

Care With Burn		Total Grade	Student's marks	Comment
No.	Evaluation Items			
1	Grooming ,lab coat & attitudes.	1		
2	Firstly & constantly reassure the victim.	0.5		
3	Put the gloves if available.	0.5		
4	Help the person to lie down & if possible, try to prevent the burned area from coming into contact with the ground.	1		
5	Dial 997, then douse the burn with plenty of cold liquid for at least 10 minutes. Do not delay transport to a hospital .	1		
6	Continue cooling the affected area until the pain is relieved.	0.5		
7	Gently remove any rings, watches, belts, shoes or constricting clothes before the tissues being to swell. (Carefully removed burned clothing unless it stick to burn)	1		
8	Covered the injured area with a sterile dressing to protect it from infection.	0.5		
9	Gather & record details of injuries	0.5		
10	Monitor & record vital signs, level of response, pulse & breathing.	0.5		
11	While waiting for help to arrive reassure the victim & treat for shock if necessary.	0.5		
12-	Be prepared to give rescue breathing & chest compression if necessary.	0.5		
13-	Do not remove any thing sticking to the burn, do not touch burned area, do not burst any blisters, do not apply lotions, ointment, fat, or adhesive tap to the burned area.	1		
14-	In case of electrical burn before touching the person, make sure that contact with electrical source is broken.	1		
Total Marks		10		
Teacher's Name:		Teacher's Signature		





**Practical Exam Sheet**  
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**(Core Course)**

Date:

Student's Name:

Group no.:-

Care With Heat Exhaustion & Heat Stroke		Total Grade	Student's marks	Comment
No.	Evaluation Items			
1	Grooming ,lab coat & attitudes.	1		
2	Firstly & constantly reassure the victim.	0.5		
3	Put the gloves if available.	0.5		
4	Rest in a quiet cool environment.	0.5		
5	Help the victim to lie down with raised legs.	0.5		
6	Fluid intake, water or salt solution.	1		
7	Monitor vital signs & victim's level of response.	1		
8	Be prepared to give rescue breathing & chest compression if necessary.	1		
9	If the victim's response deteriorates place in recovery position & dial 997.	1		
10	While waiting for help to arrive reassure the victim & treat for shock if necessary.	1		
11	In case of heat stroke added:- Wetting & fanning method to reduce body temperature. ( wrap the victim in a cold wet sheet until temperature falls to 38°C)	1		
12-	If no sheet is available, fan or sponge with cold water.	0.5		
13-	Once the temperature reduced or returned to normal replace the wet sheet with dry one.	0.5		
Total Marks		10		
Teacher's Name:		Teacher's Signature		



**Practical Exam Sheet**  
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Student's Name:

Date:

Group no.:-

Care With Shock		<u>Total Grade</u>	<u>Student's marks</u>	<u>Comment</u>
No.	Evaluation Items			
1	Grooming ,lab coat & attitudes.	1		
2	Firstly & constantly reassure the victim.	0.5		
3	Put the gloves if available.	0.5		
4	Establish & maintain open air way.	1		
5	Give nothing per mouth & alert for vomiting.	1		
6	Administer O2. If available.	1		
7	Position with elevated lower limbs or in supine position if serious injuries to lower limbs, or in coma position for unconscious.	1		
8	Control bleeding if present by pressure.	1		
9	Keep the victim at normal temperature. Maintain warmth, & remove tight clothes if any.	1		
10	Monitor all vital signs.	0.5		
11	Avoid movement in case of injury to head, neck & spine.	1		
12-	Dial 997 if necessary.	0.5		



**Practical Exam Sheet**  
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Student's Name:

Date:

Group no.:-

Care With Fracture		Total Grade	Student's marks	Comment
No.	Evaluation Items			
1	Grooming ,lab coat & attitudes.	1		
2	Firstly & constantly reassure the victim.	0.5		
3	Put the gloves if available.	0.5		
4	Establish & maintain open air way.	1		
5	Control hemorrhage if any.	1		
6	Removed clothing from the area of any suspected fracture.	1		
7	Observe motion & sensation in site of injury.	1		
8	Splint to immobilize the joints above & joints below the fracture.	1		
9	Minimal movement to the limb should be allowed during splint application.	0.5		
10	Cover all wounds if any with a dry sterile dressing before applying a splint . For firmer support bandage the injured part securely & check the circulation beyond a bandage every 10 min.	1		
11	Pad the splint to prevent local pressure.	0.5		
12-	Do not move or transport victim before splinting especially in extremely injuries.	0.5		
13-	Arrange for hospital transport as necessary.	0.5		
Total Marks		10		
Teacher's Name:		Teacher's Signature		



**For student's Clinical Performance in**  
**Basic Emergency Care (243 CHS)**  
**(Core Course)**

Student's Name:

Date:

Group no.:-

Care With Bronchial Asthma		Total Grade	Student's marks	Comment
No.	Evaluation Items			
1	Grooming ,lab coat & attitudes.	1		
2	Keep calm & reassure the victim.	1		
3	Put the gloves if available.	0.5		
4	Provide the victim with puff of reliever inhaler.	1		
5	Ask the victim to breathe slowly & deeply.	1		
6	Assist the victim in the most comfortable position . (usually high fowler)	1		
7	Do not make the victim to lie down if cyanosis is present.	1		
8	A mild asthma attack should ease within 3 minutes, if it does not, ask the victim to take another dose of inhaler.	1		
9	If the attack severe dial 997.	0.5		
10	Monitor & record vital signs especially breathing & pulse until help arrive.	1		
11	If the victim loses consciousness; open the air way & be ready for rescue breathing & chest compression until help arrive.	0.5		
12-	Educate the victim to avoid allergens & the right method to use the inhaler.	0.5		
Total Marks		10		
Teacher's Name:		Teacher's Signature		



**Practical Exam Sheet**  
**For student's Clinical Performance in**  
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**(Core Course)**

Date:

Student's Name:

Group no.:-

**Care With Diabetes Mellitus**

		<u>Total Grade</u>	<u>Student's marks</u>	<u>Comment</u>
No.	Evaluation Items			
1	Grooming ,lab coat & attitudes.	1		
2	Keep calm & reassure the victim.	1		
3	Put the gloves if available.	0.5		
4	<u>In Hypoglycemia:-</u> - Help the victim to sit or lie down. - Give the victim sugary drink, chocolate, or other sweet food. - Advice the victim to see the doctor even if feels fully recovered. - if the condition does not improve, monitor level of response & call 997	1 1 0.5 1		
5	<u>In Hyperglycemia:-</u> - if the victim is unconscious, dial 997. - open the airway, & use recovery position. - be ready for rescue breathing & chest compression if necessary. - monitor & record vital signs, level of response until help arrive.	0.5 1 0.5 1		
6	Educate the victim signs & symptoms of hypo & hyper glycemia, also the right method to inject insulin	1		
<b>Total Marks</b>		<b>10</b>		
<b>Teacher's Name:</b>		<b>Teacher's Signature</b>		





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**(Core Course)**

Student's Name:

Date:

Group no.:-

Care With Heart Attack & Stroke		<u>Total Grade</u>	<u>Student's marks</u>	<u>Comment</u>
No.	Evaluation Items			
1	Grooming ,lab coat & attitudes.	1		
2	Firstly & constantly reassure the victim.	0.5		
3	Put the gloves if available.	0.5		
4	Assessment of victim; ABC (airway, breathing, circulation).	1		
5	Activate the emergency system (dial 997).	1		
6	<u>Conscious victim</u> helps to lie down with the head & shoulders slightly raised & supported (incline the head to the affected side).	1		
7	Loosen any clothes that might impair circulation & breathing.	1		
8	Continue to reassure the victim.	0.5		
9	Monitor & record vital signs, level of response, pulse & breathing until medical help arrive.	1		
10	<u>Unconscious breathing victim</u> place in recovery position.	1		
11	Arrange for transport to hospital.	0.5		
12-	Do not give the victim anything to eat or drink because a stroke may make it difficult to swallow.	1		
Total Marks		10		
Teacher's Name:		Teacher's Signature		

## First aid kit

A well-stocked first-aid kit can help you respond effectively to common injuries and emergencies. Keep at least one first-aid kit in your home and one in your car. Store your kits in easy-to-retrieve locations that are out of the reach of young children. Children old enough to understand the purpose of the kits should know where they are stored.

A first-aid kit should include:

### Basic supplies



- Adhesive tape
- Antibiotic ointment
- Antiseptic solution
- Bandages, including a roll of elastic wrap ,and bandage strips (Band-Aid) in assorted sizes
- Instant cold packs
- Cotton balls and cotton-tipped swabs
- Disposable latex or synthetic gloves, at least two pair
- Gauze pads and roller gauze in assorted sizes
- Plastic bags for the disposal of contaminated materials

- Scissors and tweezers
- Sterile eyewash, such as a saline solution
- Triangular bandage

### **Medications**

- Activated charcoal (use only if instructed by your poison control center)
- Pain relievers
- Calamine lotion
- Hydrocortisone cream
- If prescribed by your doctor, drugs to treat an allergic attack, such as an auto-injector of epinephrine (EpiPen)

### **Emergency items**

- Emergency phone numbers
- Small, waterproof flashlight and extra batteries
- Emergency space blanket
- First-aid instruction manual

### **Give your kit a checkup**

Check your first-aid kits regularly, at least every three months, to be sure the flashlight batteries work and to replace supplies that have expired.