

ASSESSMENT MNEMONICS

ENAME

A checklist for first tasks on scene of a motor vehicle collision.

- Environmental hazards
- Number of patients
- Additional resources
- Mechanism of injury
- Extrication?

MIST

A checklist for handover of a trauma patient.

- Mechanism of injury - describe it
- Injuries - describe them
- Signs - vital signs, abnormal s/s
- Treatment - what have you done?

SOAP

This is the general order for treating a patient.

- Subjective information (What is the patient telling you?)
- Objective information (What are your observations and tools telling you?)
- Assessment of the patient (What do you think is happening?)
- Plan of action (What are you going to do about it?)

PENMAN

A different checklist for first tasks at an MVC.

- Personal Protective Equipment
- Equipment needed
- Number of injured
- Mechanism of injury
- Additional resources needed
- Need for immobilization?

CHATT

Elements of a Patient Contact/Care Report or Patient Report Form

- Chief complaint
- History - recent & relevant long term
- Assessment - your conclusions
- Treatment - include patient reactions
- Transport - note changes en route

CHEATED

This is a summary of a patient contact, from start to finish.

- Chief Complaint
- History
- Examination
- Assessment
- Treatment
- Evaluation (Did the treatment help?)
- Disposition (What was the final outcome?)

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OPQRST

Used to assess PAIN.

- Onset (this event)
- Provoke, Palpation
- Quality
- Radiates (Does it spread out?)
- Severity
- Time (history)

AVPU

This is the mnemonic to establish level of responsiveness.

- Alert
- Verbal (Instructions are mostly followed. Answers are delayed or inappropriate.)
- Pain (Sternal rub. Thumb web pinch.)
- Unresponsive

START & RPM

START is an acronym for a copyrighted system for triage. RPM is the list of specific actions taken in this system.

- Simple
- Triage
- And
- Rapid
- Transport *and*
- Respirations
- Perfusion
- Mentation

SAMPLE

SAMPLE is the acronym covering the details we need to get about any patient.

- Signs & Symptoms
- Allergies
- Medications
- Past pertinent history
- Last oral intake, liquid & solid
- Events leading to the incident

PERRLA

I can't believe I never included this list for evaluating the eyes during a field exam.

- Pupils are
- Equal,
- Round, and
- Reactive to
- Light
- Accomodation

SLUDGE

These are the symptoms of excessive stimulation of body functions due to organophosphate poisoning.

- Salivation (Drool)
- Lacrimation (Tears)
- Urination
- Defecation
- Gastric juices (Heartburn)
- Emesis (Vomiting)