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### SELF-ASSESSMENT GUIDE

Qualification:	<b>EMERGENCY MEDICAL SERVICES NC III</b>		
Units of Competency Covered	<ul style="list-style-type: none"> <li>• Perform patient assessment</li> <li>• Provide emergency care for suspected spine injury</li> <li>• Provide pre-hospital interventions for trauma patients</li> <li>• Provide pre-hospital interventions for shock patients</li> <li>• Provide pre-hospital interventions for medical patients</li> <li>• Perform basic life support and use airway adjuncts</li> <li>• Provide pre-hospital interventions for special patient populations</li> <li>• Perform patient packaging</li> <li>• Conduct patient transport</li> <li>• Deliver basic pre-hospital communication skills</li> </ul>		
<b>Instruction:</b> Read each question and check the appropriate column to indicate your answer.			
<b>Can I?</b>	<b>YES</b>	<b>NO</b>	
<b>CARRY OUT RESPONSE INTEGRATION AND COORDINATION IN AMASS CASUALTY INCIDENT</b>			
<i>Identify the incident type*</i>			
• Access communications network			
• Carry out Initial assessment of the incident promptly			
• Access and monitors hazards or potential hazards			
• Identify number of patients in accordance with mass casualty incident protocol			
• Determine resources to deal with the incident			
• Identify and request additional resources needed in accordance with SOP			
• Take actions to protect, secure and preserve incident scene as required			
<i>Establish initial control and command*</i>			
• Establish control and command in accordance with organizational policies and procedures			
• Receive and implement operational briefing based on Incident Action Plan (IAP)			
• Provide leadership, supervision and team welfare to ensure safety and performance on operational standards			
<i>Participate in operational response*</i>			
• Coordinate EMS response			
• Follow mass casualty protocol in accordance with triage principles			
• Recognize mass casualty incidents due to terrorism and disaster			
<i>Conclude operational task and perform post response activities*</i>			
• Conduct final incident assessment			
• Record incident actions and decisions			

• Conclude and coordinates incident		
• Prepare and submits post incident reports		
<b>PERFORM PATIENT ASSESSMENT</b>		
<i>Conduct Scene Size up and Triage*</i>		
• Ensure scene safety		
• Determine mechanism of injury or nature of illness		
• Follow standard precautions		
• Follow specific guidelines in a potential COVID-19 contaminated environment based on the Department of Health Policy and the World Health precautionary recommendations		
• Confirm PUI patient through Dispatch screening process based on the established EMS protocols specific to COVID-19 patient handling		
• Determine number of patients		
• Conduct field triage based on SOP		
• Consider additional or specialized resources		
<i>Perform primary assessment*</i>		
• Form general impression		
• Perform specific guidelines in a potential COVID-19 patient contact based on the Department of Health Policy and the World Health precautionary recommendations		
• Perform primary assessment procedures		
• Identify suspected patient based on Department of Health Guidelines and World Health Organization's precautionary guidelines		
• Perform rapid scan		
• Determine patient care and transport prioritization		
<i>Gather Patient History*</i>		
• Gather patient information		
• Investigate chief complaint and history of present illness		
• Obtain sample history		
• Identify suspected patient through verbal interview in accordance to screening criteria of the Department of Health		
<i>Perform Secondary Assessment*</i>		
• Assess vital signs using the appropriate monitoring device		
• Assess patient systematically		
• Perform full-body scan		
• Conduct focused assessment		
<i>Perform Reassessment*</i>		
• Repeat primary assessment in accordance with patient assessment protocols		

• Reassess vital signs		
• Identify changes in patient's condition on primary and secondary assessment		
<b>PROVIDE EMERGENCY CARE FOR SUSPECTED SPINE INJURY</b>		
<i>Establish safe access in an emergency*</i>		
• Prioritize patient's needs/concerns during the formulation of access plan		
• Formulate safe access based on an assessment of all factors associated with the situation or incident		
• Identify obstacles impacting safe access		
• Request or arranges additional personnel and specialized equipment to ensure safe access		
• Evaluate the risk of not moving the patient while waiting for additional personnel with specialized tools to arrive		
<i>Identify suspected spinal injury *</i>		
• Identify mechanism of injury		
• Assess condition of patient based on level of consciousness		
• Assess conditions of motor and sensory functions		
<i>Apply cervical collar*</i>		
• Measure height of the patient's neck based on the available cervical collar		
• Select appropriately sized cervical collar is		
• Apply cervical collar ensuring correct location and tension		
<i>Perform basic extrication procedures*</i>		
• Perform basic extrication based on protocols		
• Monitor basic extrication procedure		
• Work with additional personnel with specialized equipment upon their arrival to ensure safe extrication procedures		
<b>PROVIDE PRE-HOSPITAL INTERVENTIONS FOR TRAUMA PATIENTS</b>		
<i>Perform scene size up*</i>		
• Identify potential threats to the safety of the patient, bystanders and EMS personnel in accordance with EMS protocols		
• Integrate analysis of scene safety, scene situation and kinematics into assessment of trauma patients		
• Determine Mechanism of injury		
• Determine total number of patient		
• Determine reason for identifying the need for additional help or assistance		
<i>Perform primary assessment*</i>		
• Determine general impression of trauma patient according to EMS protocols		
• Assess mental status of the patient based on patient findings		
• Assess classification of hemorrhage or exsanguination based on Clinical Review		
• Determine airway patency based on patient findings		

• Determine quality of breathing based on patient findings		
• Determine circulation of a trauma patient based on patient findings		
• Determine reason for prioritizing a patient care based on Triage category		
• Decide immediate transport based on Triage category		
• Determine life threatening conditions based on patient assessment		
<i>Perform secondary assessment*</i>		
• Assess physical assessment in accordance with EMS protocols		
• Conduct history taking based on Standard Operating Procedures		
• Assess vital signs in accordance with Standard operating procedures		
<i>Perform procedure for pre hospital trauma management*</i>		
• Assess patient conditions based on clinical guidelines		
• Perform patient care based on trauma patient condition		
• Use materials and equipment appropriately based on Standard Operating Procedures		
• Coordinate patient status with appropriate medical authorities in accordance with protocols		
<i>Monitor pre hospital patient care given and modify as required*</i>		
• Monitor patient condition including reassessment of vital signs		
• Assesse effectiveness and condition of procedures implemented		
• Recognize and manages changes in patients' condition		
• Maintain and/or modify treatment according to patient condition and needs		
<i>Endorse patient requiring further specialize care, assessment and management*</i>		
• Document trauma patient details for endorsement protocols		
• Endorse need for specialized care based on EMS protocols		
• Convey Information appropriately to those individuals involved in patient care to facilitate understanding and optimum patient care		
<b>PROVIDE PRE-HOSPITAL INTERVENTIONS FOR SHOCK PATIENTS</b>		
<i>Assess the shock patient*</i>		
• Assess scene size up in accordance with EMS Protocols		
• Perform primary assessment		
• Perform secondary assessment		
• Identify causes of shock in different patient conditions		
• Determine types of shock		
• Assess signs and symptoms of shock patient		
<i>Provide emergency care procedure of the shock patient*</i>		
• Provide shock management for trauma patient according to Medical Direction.		
• Provide shock management for medical patient according to Medical Direction		
• Position shock patient in accordance with clinical condition		

<i>Monitor condition of patient with shock and modify intervention as required*</i>		
• Monitor patient's condition for progression of shock		
• Monitor patient condition including reassessment of vital signs		
• Assess effectiveness and condition of procedures implemented		
• Recognize and manages changes in the condition of the patient		
<b>PROVIDE PRE-HOSPITAL INTERVENTIONS FOR MEDICAL PATIENTS</b>		
<i>Address Respiratory emergencies*</i>		
• Recognize and communicate abnormal breathing patterns to the medical director		
• Recognize and communicate abnormal breath sounds to the medical director		
• Recognize and communicate conditions that causes respiratory distress to the medical director		
• Administer oxygen support following specific protocols or based on medical direction		
• Administer metered dose Inhalers and small Volume nebulizers containing Salbutamol following specific protocols or based on medical direction		
<i>Address Cardiovascular emergencies*</i>		
• Recognize and communicate Abnormal Heart sounds to the medical director		
• Recognize and communicate Life threatening cardiac rhythms to the medical director		
• Recognize and communicate signs and symptoms of Cardiac Compromise to the medical director		
• Recognize and communicate Acute Coronary Syndrome to the medical director		
• Administer aspirin following specific protocols or based on medical direction		
<i>Address Neurologic Emergencies*</i>		
• Recognize and endorse patients with Altered Mental Status accordingly		
• Recognize and endorse Stroke and Transient Ischemic Attacks based on history, PE and approved prehospital screening tools accordingly		
• Recognize and endorse seizures accordingly		
<i>Address Endocrine emergencies*</i>		
• Check Blood Glucose Level		
• Recognize and endorse Hypoglycemia and Hyperglycemia to the medical director		
• Administer Oral glucose following specific protocols or based on medical direction		
• Recognize and endorse signs and symptoms of emergent conditions of Hyper/hypoglycemia to the medical director		
<i>Address Anaphylactic Reactions</i>		
• Recognize and endorse signs and symptoms of anaphylactic reactions accordingly		
• Recognize and endorse anaphylactic shock to the medical director		

<ul style="list-style-type: none"> <li>Administer Epinephrine Auto Injector following specific protocols or based on medical direction</li> </ul>		
<i>Address Toxicologic Emergencies*</i>		
<ul style="list-style-type: none"> <li>Recognize and endorse Toxidromes to the medical director</li> </ul>		
<ul style="list-style-type: none"> <li>Recognize and endorse Ingested Poisons to the medical director</li> </ul>		
<ul style="list-style-type: none"> <li>Administer Activated Charcoal following specific protocols or based on medical direction</li> </ul>		
<i>Address Abdominal, Hematologic, Gynecologic, Genitourinary and Renal Emergencies*</i>		
<ul style="list-style-type: none"> <li>Recognize and endorse Conditions with Acute Abdomen to the medical director</li> </ul>		
<ul style="list-style-type: none"> <li>Recognize and endorse Hematologic Emergencies to the medical director</li> </ul>		
<ul style="list-style-type: none"> <li>Recognize and endorse Genitourinary Emergencies to the medical director</li> </ul>		
<ul style="list-style-type: none"> <li>Assess and endorse Patients with Urinary Catheters to the medical director</li> </ul>		
<ul style="list-style-type: none"> <li>Assess and endorse Dialysis Patients to the medical director</li> </ul>		
<ul style="list-style-type: none"> <li>Recognize and endorse Gynecologic Emergencies to the medical director</li> </ul>		
<i>Address Environmental emergencies*</i>		
<ul style="list-style-type: none"> <li>Recognize and endorse Heat-related emergencies to the medical director</li> </ul>		
<ul style="list-style-type: none"> <li>Address Heat-related emergencies based on approved protocols or medical direction</li> </ul>		
<ul style="list-style-type: none"> <li>Recognize and endorse Cold-related emergencies to the medical director</li> </ul>		
<ul style="list-style-type: none"> <li>Address Cold-related emergencies based on approved protocols or medical direction</li> </ul>		
<ul style="list-style-type: none"> <li>Recognize and endorse Water-related emergencies to the medical director</li> </ul>		
<ul style="list-style-type: none"> <li>Recognize and endorse Diving emergencies to the medical director</li> </ul>		
<i>Address Behavioral emergencies*</i>		
<ul style="list-style-type: none"> <li>Recognize and refer Behavioral Changes and Psychiatric problems to the medical director or appropriate specialist</li> </ul>		
<ul style="list-style-type: none"> <li>Recognize and refer Behavioral Emergencies to the medical director or appropriate specialist</li> </ul>		
<ul style="list-style-type: none"> <li>Apply physical restraints to a specific subset of Psychiatric patients as approved by medical direction and based on protocols</li> </ul>		
<b>PERFORM BASIC LIFE SUPPORT AND USE AIRWAY ADJUNCTS</b>		
<i>Conduct Scene Size Up*</i>		
<ul style="list-style-type: none"> <li>Ensure Scene safety</li> </ul>		
<ul style="list-style-type: none"> <li>Follow strict pre arrival instructions for potential COVID-19 contaminated environments based on the Department of Health Policy and the World Health Organization's precautionary recommendations</li> </ul>		
<ul style="list-style-type: none"> <li>Determine Mechanism of injury or nature of illness</li> </ul>		
<ul style="list-style-type: none"> <li>Follow standard precautions</li> </ul>		
<ul style="list-style-type: none"> <li>Determine number of patients</li> </ul>		

• Consider additional or specialized resources		
<i>Conduct Patient Assessment*</i>		
• Form general impression		
• Perform specific guidelines in a potential COVID-19 patient contact based on the Department of Health Policy and the World Health precautionary recommendations		
• Recognize Cardiac Arrest patient		
• Assess level of consciousness		
• Assess, identify and treat Airway life threats		
• Assess, identify and treat Breathing life threats		
• Assess, identify and treat Circulation life threats		
• Determine patient care and transport priority		
<i>Perform CPR*</i>		
• Initiate high quality CPR		
• Perform chest compression with correct hand placement and proper body posture		
• Perform Aerosol Generating Procedures with caution only if and when medically necessary		
• Consider measures to decrease droplet generation		
• Ensure airway patency Perform Head Tilt Chin Lift maneuver Perform jaw thrust maneuver for patient with suspected spine injury		
• Deliver ventilation with the appropriate device used CPR mask for 1 EMT Bag Valve Mask for 2 EMT		
• Re-assess presence of pulse and breathing		
<i>Use AED*</i>		
• Ensure AED functionality		
• Perform AED operation based on established Standard Operating Procedures		
• Transition compression, ventilation and AED use based on procedures		
<i>Integrate resources*</i>		
• Recognize the need for suctioning		
• Identify type of airway adjunct		
• Use airway adjunct appropriately to the patient		
• Attach BVM assembly to Oxygen at a maximum of 15 L/minute		
<b>PROVIDE PRE-HOSPITAL INTERVENTIONS FOR SPECIAL PATIENT POPULATIONS</b>		
<i>Conduct Scene Size Up*</i>		
• Follow strict pre arrival instructions for potential COVID-19 contaminated environments based on the Department of Health Policy and the World Health Organization's precautionary recommendations		

• Ensure Scene safety		
• Determine Mechanism of injury or nature of illness		
• Follow standard precautions		
• Determine number of patients		
• Consider additional or specialized resources		
<i>Provide care for special patient populations emergency*</i>		
• Identify special patient populations emergency		
• Perform precautionary measures in dealing special patient populations with COVID-19		
• Formulate field impression		
• Integrate pathophysiological principles and assessment findings		
• Consider assessment findings for the special population patient who has sustained abuse or assault		
<i>Identify obstetric emergency*</i>		
• Assess pregnant patient		
• Consider two patients- the woman and the unborn fetus– when treating a pregnant trauma patient		
• Recognize vaginal bleeding in the pregnant patient		
<i>Perform emergency childbirth*</i>		
• Recognize complications of pregnancy		
• Perform emergency childbirth (Imminent normal spontaneous vaginal delivery) based on ems protocols		
• Consider cutting the cord is based on patient condition, protocols, and medical direction		
• Recognize complicated delivery emergencies		
<i>Provide neonatal care*</i>		
• Assess neonate		
• Provide neonatal care		
• Carry out neonatal resuscitation steps as appropriate and based on medical direction		
<b>PERFORM PATIENT PACKAGING</b>		
<i>Prepare patient for packaging*</i>		
• Assess scene safety		
• Prepare packaging equipment		
• Communicate packaging procedures with the patient		
• Optimize meticulous attention for patient resuscitation and stabilization		
<i>Package Patient*</i>		
• Handle and package carefully patients with serious injury		
• Follow standard packaging procedure		
• Package patient is effectively		
• Secure patient from unnecessary movement to prevent additional injuries		

<i>Prepare patient for transport*</i>		
• Perform lifting procedures based on patient condition and situation		
• Perform moving procedures based on patient condition and situation		
• Ensure adequate access		
• Establish manual handling procedure		
<i>Package patient with special considerations*</i>		
• Augment patient packaged before arrival utilizing team equipment		
• Communicate clearly decision to package the patient as per the standard packaging procedure and explains the rationale to the attending crews		
• Recognize moving a very large patient		
• Package patients with suspected head injuries with cervical collar loosened and with a head up tilted up on the trolley		
• Consider loosen straps across the torso to improve ventilation in patients with difficulty of breathing		
<b>CONDUCT PATIENT TRANSPORT</b>		
<i>Perform transport decision*</i>		
• Follow pre-transport procedures based on EMS protocols		
• Follow strict pre- transport guidelines for a potential COVID-19 patient contact		
• Implement EMS transport protocol guidelines		
• Prepare EMS personnel		
• Minimize patient care contact during transport		
• Identify patient is based on triage and on the patient condition		
• Transport Emergency Patient based on the patient condition		
• Transport Non- Emergency Patient is based on the patient condition		
<i>Convey and receive information relating to the transport*</i>		
• Communicate patient Information through communication system to the dispatch center to ensure coordination with the receiving facility		
• Communicate Integrated Health Service Network		
• Notify hospital for pre arrival arrangements		
• Endorse patient Information to the medical authorities		
• Use lights and sirens appropriately		
• Utilize modes of transport appropriately		
<i>Perform procedure in loading, unloading and endorsement of patient*</i>		
• Use Transport Equipment appropriately		
• Do not exacerbate patient's illness/injury by unnecessary movement during loading		
• Do not exacerbate patient's illness/injury by unnecessary movement during unloading		
• Transport patient appropriately based on patient condition		
• Facilitate physical handover based on patient safety protocol		
• Undertake tasks of the EMT after patient conduction is complete		

• Follow post-transport procedures based on EMS protocols		
• Impose strict precautionary measures in the Emergency operations center and EMS		
• Give additional or special considerations to patients that have special needs that may affect EMS protocol		
<i>Conduct post-transport procedures*</i>		
• Follow post transport protocols on waste handling and disposal		
• Perform proper documentation and debriefing procedures		
• Identifies decontamination area		
<b>DELIVER BASIC PRE-HOSPITAL COMMUNICATION SKILLS</b>		
<i>Exercise effective communication techniques*</i>		
• Demonstrate effective interviewing techniques		
• Demonstrate EMS system communication		
• Seek Medical Direction as needed		
• Demonstrate proper sequence of patient information communicated via radio		
<i>Record assessment and findings*</i>		
• Record patient information in accordance with Standard Operating Procedures		
• Record assessment in accordance with Standard Operating Procedures		
• Document patient care intervention is based on patient assessment protocol		
<i>Hand over patient*</i>		
• Provide pre-arrival information to receiving facility to dispatch		
• Notify dispatch that EMS is at the receiving facility		
• Endorse patient care report to the medical authority at the receiving facility		
• Relay departure time from the receiving facility to the dispatcher		
I agree to undertake assessment in the knowledge that information gathered will only be used for professional development purposes and can only be accessed by concerned assessment personnel and my manager/supervisor.		
Candidate's Name and Signature		Date

\* Critical Aspects of Competency