

Injury Emergencies &  
Pain  
*(Including Chest Pain)*

*Module 6*

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# Trauma Acronym: O.P.Q.R.S.T

## O - Onset

- When did the pain begin?
- How long have you been feeling like this?

## P - Progression/Provoke

- Did the pain come on fast or slow, and what were you doing when the pain began?
- Does anything make the pain better or worse?

## Q - Quality

- Please describe the pain to me
- Pain Descriptors



- SHARP
- DULL
- HEAVY

- STABBING
- PRESSURE
- THROBBING

## R - Region / Radiation

- Show me where the pain is, and does the pain go anywhere?

## S - Severity

- What is the number of your pain on a 1 – 10 scale?

## T - Time

- What time did the pain start?
- Is this the first time you have had this pain?



# Traumatic Injury

Traumatic injury is a term which refers to physical injuries of sudden onset and severity which require immediate medical attention.

The injury may cause systemic shock called “**shock trauma**” and may require immediate resuscitation and interventions to save life and limb.

Traumatic injuries are the result of a wide variety of blunt, penetrating and burn mechanisms.

They include **motor vehicle collisions, sports injuries, falls, natural disasters,** and a multitude of other physical injuries which can occur at home, on the street, or while at work and require immediate care.

# Types of Traumatic Pain





# SMCCCD Trauma & First Aid Kit

- North American Rescue Trauma & First Aid Kit- Class B
- Portable kit that exceeds ANISI/ISEA Z308.1-2021 Standards
- Advanced Bleeding Control Capabilities

1 x C-A-T® Tourniquet, Orange	1 x HyFin® Vent Chest Seal Twin Pack	2xResponder Compressed Gauze	1 x 4 in. Flat Responder ETD Emergency Trauma Dressing
1 x 4 in. Elastic Wrap Bandage	2 x 2 in. Elastic Wrap Bandage	2 x Triangular Bandage	1 x SAM Splint
4 x Gauze, Pad - 4 in. x 4 in. (Pack of 2)	4 x Gauze Pad - 5 in. x 9 in.	50 x Flexible Fabric Bandages, 1 in. x 3 in.	2 x BurnTec Dressing - 4 in. x 4 in.
1 x CPR Microshield Mask	50 x Antiseptic Towelette	25 x Antiseptic Ointment	2 x Roll 1 in. Surgical Tape
2 x Instant Cold Pack - 6 in. x 9 in.	1 x Eye Wash Solution, 4 oz	2 x Sterile Oval Eye Pad	4 x Pair, Responder Nitrile Gloves - Large
1 x Pair, Responder Trauma Shears - Large	20 x Hand Sanitizer	25 x Burn Gel	1 x Emergency Survival Blanket (52 in. x 84 in.)
1 x Black Permanent Marker, Large	1 x First Aid Pocket Guide	1 x Just In Time Bleeding Control Instructions	1 x Trauma & First Aid Kit Contents Inventory Card
1 x Inspection Card			





# Non-Traumatic Pain

Not causing, caused by, or associated with trauma and especially traumatic injury.

## Types of Non-Traumatic Pain

- Abdominal pain
- Premenstrual symptoms
- Headaches
- Ischemic chest pain
- Non-traumatic neck and lower back pain
- Localized infection



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## Chest Pain

- First aid for chest pain depends on the cause. Causes of chest pain can vary from minor problems, such as heartburn or emotional stress, to serious medical emergencies, such as a heart attack or blood clot in the lungs (pulmonary embolism).
- It can be difficult to tell if your chest pain is due to a heart attack or other health condition, especially if you've never had chest pain before. Don't try to diagnose the cause yourself. Seek emergency medical help if the patient has unexplained chest pain that lasts more than a few minutes
- Stay calm call 911 and Public Safety (650-738-7000)
- If patient is prescribed aspirin for cardiac care, you may help the patient self-administer aspirin
- If patient is prescribed nitroglycerin, you may help the patient self-administer
- Begin CPR on the person if they are unresponsive and not breathing
- Use an Automated External Defibrillator (AED)