



"WILDERNESS FIRST AID FOR MOUNTAIN BIKERS" ACRONYMS



A + O	Alert & Oriented	LOR	Level Of Responsiveness
ABCDE	Airway - Open & Clear Breathing - Look, Listen & Feel Circulation - Pulse, Skin, Bleeds Deformity/Disability - Major Life Threats Environment - Remove patient from environment	LUQ	Left Upper Quadrant
AMPLE	Allergies – What? Reaction? Meds? Meds - What, What is it? Past Pertinent History - Relative Last ins/outs - Food/Oral intake, Urination/Defecation Events Leading Up - What happened prior to the event	MOI	Mechanism Of Injury
AMS	Acute Mountain Sickness	NOI	Nature Of Illness
AVPU	Alert Verbal Painful Unresponsive	OPQRST	Onset - When did it start Provoke/Palliate - What makes it worse/better Quality - in your own words Radiate - is it in one area or does it move Severity - Scale of 1-10 Time - Is it constant or does it come and go
BEAM	Body Elevation and Movement	PERRL	Pupils, Equal, Round & Reactive to Light
BSI	Body Substance Isolation	Proximal	Closer to the core of the body
BUFF	Big, Ugly, Fat, Fluffy	PTX	Pneumothorax
CHI	Closed Head Injury	RICE	Rest Ice Compress Elevate
CSF	Cerebrospinal Fluid	RLQ	Right Lower Quadrant
CSM	Circulation, Sensation, Movement	ROM	Range Of Motion
DICC	Disoriented, Irritable, Confused, Combative	RR	Respiratory Rate
Distal	Further away from the body	RUQ	Right Upper Quadrant
FAST	Face, Arms, Speech, Time	S/S	Signs and Symptoms
Fx	Fracture	SAR	Search And Rescue
HACE	High Altitude Cerebral Edema	SCTM	Skin, Color, Temperature, Moisture
HAPE	High Altitude Pulmonary Edema	SHARP	Swollen, Hot, Ache, Red, Pus
HR	Heart Rate	SOAP	Subjective - Age, Sex, MOI, C/C Objective - AMPLE, Vitals, Pt exam Assessment - Problems Plan - How to fix the problem
Hx	History	STOP	Sugar, Temp, Oxygen, Pressure
ICP	Intracranial Pressure	TBI	Traumatic Brain Injury
ICS	Incident Command System	Tx	Treatment
LLQ	Left Lower Quadrant	"umbles"	Signs of Mild to Moderate Hypothermia
LOC	Level Of Consciousness		