

2024 OEC REFRESHER CYCLE B STATION # 3

Station Times 1:10 minutes plus 5 minutes to rotate

STATION # 3 – O2 (3A) & Other Skills (3B): (3 Substations for O2 (3A), 3 Substations for Helmet Removal & Vitals (3B))

Chris Fraser, Ed Riggs, Brent Watts

Substation 3A (30 mins):

Each patroller to demonstrate skills to include Fred Head - OPA/NPA Insertion, Opening Airway, Suction; O2 Tank Setup and break down:

Each technician will:

- **O2 Tank Setup**
 - Inspect tank (damage, volume?)
 - Clear main supply valve
 - Inspect and install regulator (inspect/replace O-ring)
 - Install each delivery system and describe when to use each, including flow rate for:
 - 1) nasal canula, 2) non-rebreather, 3) bag valve mask
 - Describe what to do with the used canister
- **Away Management**
 - Describe and demonstrate manually opening a patient's airway:
 - 2) Cross-finger technique, 2) Head tilt-chin lift maneuver, 3) Jaw-thrust maneuver
 - Size and install an oropharyngeal and a nasopharyngeal airway
 - Demonstrate clearing an airway using suction
 - Assemble and test the suction device
 - 1) Describe the difference in use for adults and children (suction, depth, time)

Substation 3B (30 mins):

This Skills station includes: Taking vitals - Pulse, Respirations, BP (include BP/Palpation); Pulse Ox; Helmet removal; Epi Pen use/assistance; Recovery Position

- Take and record Vitals (10 mins) – Pulse rate, Respiration rate, Blood pressure.
 - Pulse pressures assessment via palpation of the arterial pressure point (carotid (estimate at least 60 mm), brachial, radial (≥ 80 mm), femoral (≥ 70 mm), posterior Tibial (ankle) and dorsalis pedis).

[To obtain "palpated" systolic blood pressure (without stethoscope) follow these steps: 1) Apply blood pressure cuff above elbow; 2) Find the patient's radial pulse; 3) Inflate the BP cuff until you can no longer feel the pulse; 4) Open thumbscrew slowly releasing air; 5) the pressure where you can again feel the radial pulse is the systolic (this is referred to as a "palpated blood pressure" and, as an example, is documented as "90/P")]

- Describe and demonstrate the use of a pulse-oximeter (reduce O2 flow rate at and above saturation of 94%) (5 mins).
- Describe and demonstrate Helmet removal (5 mins).

- Describe and demonstrate the use of Epi-pen (5 mins).
- Describe and demonstrate place a patient into the “recovery position” (5 mins).

Instructors needed:

- For IT-Refresher – an instructor for 3A and one for 3B, plus one, Total three.
- For Instructors’ Refresher – two instructors for 3A and two for 3B , plus one. Total 5
- For Patroller Refreshers – 3 to 4 for 3A and 3 to 4 for 3B, plus one. Total 7 to 9

Equipment:

Suction Units (6)

Fred Heads (6) with airway adjuncts (NPA, OPA)

O2 Tank Setups (6)

Nasal Cannulas/Non-Rebreather Masks (6)

Pulse Oximeter (6) – with extra batteries

BP Cuffs & Stethoscopes (6)

Epi Pens (6)

Helmets (6) – would like to have ski helmets, ski racing helmets and bike helmets (with full-face or faceguard)

Alcohol Wipes (lots)

Tarps (3)

Oxygen Management Flow Chart

