## WILDERNESS REMOTE FIRST RESPONDER S.O.A.P. NOTES

1. Survey the scene. 2. C	heck for responsiveness a	EMERGEN				-threaten	ing cond	litions. 4. Do a secondary surve	ev. 5.
	Cs. 6. Help the casualty r	est and give reassura	nce.	-			ing cond	ntions. 4. Do a secondary surve	.y. J.
		PERSONAL II							
Date	Time	(Am / Pm)	Location of R	esponse (A	ddress)				
Last Name	First Name				Sex	(M or F)	V	Weight (Lbs / kg)	
Parent / Guardian's Nam		Date of Birth (D/M/Y)		<b>YY</b> )	Me	edical Alert	al Alert		
Patient's Full Address			Telephone Number (Work)						
		1317							
			TAL ASSES		A X/DII)				_
1. Alert	2. Verbal	LEVEL OF		Painful	AVPU)		_	4.Unresponsive	
1. Alert	2. verbai		] 3.1	railliui				4.Unresponsive	
Chief Complaint / Appar	ent Inreat 10 Life		Mechanisn	i of Injury					
\ <b>&amp;</b>	)		CHECK	IN	JURY		GI	LASCOW COMA SCALE	
			1.	Psychiat	tric			Spontaneous	4
	\ / /		2.	Airway		Eye		To Voice	3
1 )	3.	Head		Оре	Opening	To Pain	2		
/// //	4.	Wound				None	1		
	5.	Neck / Back Injury		y		Oriented	5		
			6.	Burn				Confused	4
511	17 9/	9/1	7.	Amputa	tion	Ver		Inappropriate Words	3
WV M	hut tu	1 1 1000	8.	Fracture	e	resp	onse	Incomprehensive Words	2
		1\ 1	9.	Stress				None	1
\	\	1 \	10.	Other (S	Specify)			Obeys Commands	6
1,1	) ,	/						Localizes Pain	5
	(	1 ( )				Mot		Withdraws (Pain)	4
1111						Res	ponse	Flexion (Pain)	3
\	\ /	\						Extension (Pain)	2
1) (1	r)	$\cap$						None	1
(c) (my	U	(Jah				Tota	al Score	Eye + Verbal + Motor	
	PATIENT HISTORY	Y (SAMPLE)					TIONS .	ABOUT PAIN (PQRST)	
1. Signs & Symptoms					1. Provol (Cause)	ke			
2. Allergies					2. Qualit (Sharp o				
2 M-3:4:					Dull)				
3. Medications					3. Region (or Radio other Ar	ate to			
4. Past Medical History					4. Scale (1 to 10) None to				
5. Last Meal (In and Out)					5. Time (Pain Be				
6. Event before the incident							PERSC	ONAL CONTACT	

## WILDERNESS REMOTE FIRST RESPONDER S.O.A.P. NOTES

					E I	E PUP	ILS K	= Keaci	ive and	IN = N0	n-reac	tive					
1. Unequal		2. Dila	ated				3. Co	nstricted				4. Unr	esponsiv	e to ligh	t		
			AV	VERAG	E VIT	AL SIG	NS BY	AGE (	per min	ute)							
AGE			PULSE				RESPIR			BLOOD PRESSURE							
	Newborn (1 – 28 days)			120 - 160			40 - 60				80 / 40						
Infant (0 – 1 yea			100 - 120			30 - 40				80 / 40							
Child (1 – 8 years)			80 - 120														
			<del> </del>	80 - 120 60 - 100			16 - 24				90 / 50						
Adult (over age			arari	SIGNS (Complete a Head–t			12 - 20				120 / 80						
	ENT 'S	VITAL	L SIGN	S (Con	iplete a	Head-1	to–Exai	m of Pat	tient aft	ter takıı	ng 1 set	of Vita	Signs)				
1. DATE		1	1			/	1			/	/			/	1		
(D/M/Y)														,			
2. TIME			Al	M / PM			Al	M / PM			A	M / PM			Al	M / PM	
(AM / PM)				1		1	I	1		1				1			
3. LEVEL OF	$\mathbf{A}$	$\mathbf{V}$	P	U	$\mathbf{A}$	$\mathbf{V}$	P	U	A	$\mathbf{V}$	P	$\mathbf{U}$	$\mathbf{A}$	$\mathbf{V}$	P	U	
CONSCIOUSNESS							<u> </u>				L.,	DT 4 TG					
4. PULSE			1	BEATS				BEATS				BEATS			1	BEATS	
(Per Minute)			DDI	A TOTAL			DDI	A TOTAL			DD	E A TELLO			DDI	ATTIC	
5. RESPIRATION (Per Minute)			BKI	EATHS			BKI	EATHS			BKI	EATHS			BKI	EATHS	
6. PUPILS		L		R		L		R		L		R		L		R	
(Compare Both Eyes)		L		K		L		K		L		K		L		K	
7. BLOOD PRESSURE		S		D		S		D		S		D		S		D	
(Systolic / Diastolic)		3		D		3		D		3		U		3		ע	
8. SKIN - CSM																	
(Color /Sensation/Moist)																	
9. TEMPERATURE		С		Е		С		Е		С		Е		С		E	
(Core vs. Extremity)		C		E		C		E		C		E		C		E	
10. MEDICATION		D		Т		D		Т		D		Т		D		Т	
(Dosage & Time)		D		-		b				b				ь		1	
11. OXYGEN		R		%		R		%		R		%		R		%	
(Rate & %)				70				70				70				70	
					PATII	ENT 'S	VITAI	SIGNS									
1. DATE					I //////	,	, ,	DIGITAL	Ī	<del>,</del>							
(D/M/Y)		/	/			/	/			/	/			/	/		
2. TIME			Δ	M / PM			Δ1	M / PM			Δ	M / PM			Δ	M / PM	
(AM / PM)			711	VI / I IVI			7.1.	VI / I IVI				.,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,			711	VI / I IVI	
3. LEVEL OF	A	V	D	TT.		<b>T</b> 7	_	<b>T</b> T		<b>T</b> 7	ъ	<b>T</b> 7					
CONSCIOUSNESS							,						A .	<b>X</b> 7	D		
CONSCIOUSINESS	11	•	P	U	A	V	P	U	A	V	P	U	A	$\mathbf{V}$	P	U	
	7.	•			A	V			A	V			A	V		_	
4. PULSE (Per Minute)	71	<u> </u>		BEATS	A	V		BEATS	A	V		BEATS	A	V		BEATS	
4. PULSE			I		A	<u> </u>	]		A	<u> </u>	]		A	V	I	_	
4. PULSE (Per Minute)	71		I	BEATS	A	<u> </u>	]	BEATS	A	<u> </u>	]	BEATS	A	V	I	BEATS	
4. PULSE (Per Minute) 5. RESPIRATION		L	I	BEATS	A	L	]	BEATS	A	L	]	BEATS	A	L	I	BEATS	
4. PULSE (Per Minute) 5. RESPIRATION (Per Minute)	11		I	BEATS EATHS	A	<u> </u>	]	BEATS EATHS	A		]	BEATS EATHS	A		I	BEATS EATHS	
4. PULSE (Per Minute) 5. RESPIRATION (Per Minute) 6. PUPILS (Compare Both Eyes) 7. BLOOD PRESSURE			I	BEATS EATHS	A	<u> </u>	]	BEATS EATHS	A		]	BEATS EATHS	A		I	BEATS EATHS	
4. PULSE (Per Minute) 5. RESPIRATION (Per Minute) 6. PUPILS (Compare Both Eyes) 7. BLOOD PRESSURE (Systolic / Diastolic)		L	I	BEATS EATHS	A	L	]	BEATS EATHS	A	L	]	BEATS EATHS	A	L	I	BEATS EATHS	
4. PULSE (Per Minute) 5. RESPIRATION (Per Minute) 6. PUPILS (Compare Both Eyes) 7. BLOOD PRESSURE (Systolic / Diastolic) 8. SKIN - CSM		L	I	BEATS EATHS	A	L	]	BEATS EATHS	A	L	]	BEATS EATHS	A	L	I	BEATS EATHS	
4. PULSE (Per Minute) 5. RESPIRATION (Per Minute) 6. PUPILS (Compare Both Eyes) 7. BLOOD PRESSURE (Systolic / Diastolic) 8. SKIN - CSM (Color /Sensation/Moist)		L S	I	BEATS EATHS R D	A	L S	]	BEATS EATHS	A	L S	]	BEATS EATHS R D	A	L	I	BEATS EATHS R D	
4. PULSE (Per Minute) 5. RESPIRATION (Per Minute) 6. PUPILS (Compare Both Eyes) 7. BLOOD PRESSURE (Systolic / Diastolic) 8. SKIN - CSM (Color /Sensation/Moist) 9. TEMPERATURE		L	I	BEATS EATHS	A	L	]	BEATS EATHS	A	L	]	BEATS EATHS	A	L	I	BEATS EATHS	
4. PULSE (Per Minute) 5. RESPIRATION (Per Minute) 6. PUPILS (Compare Both Eyes) 7. BLOOD PRESSURE (Systolic / Diastolic) 8. SKIN - CSM (Color /Sensation/Moist) 9. TEMPERATURE (Core vs. Extremity)		L S	I	EATHS R D	A	L S	]	EATHS R D	A	L S	]	BEATS EATHS R D	A	L S	I	EATHS R D	
4. PULSE (Per Minute) 5. RESPIRATION (Per Minute) 6. PUPILS (Compare Both Eyes) 7. BLOOD PRESSURE (Systolic / Diastolic) 8. SKIN - CSM (Color /Sensation/Moist) 9. TEMPERATURE (Core vs. Extremity) 10. MEDICATION		L S	I	BEATS EATHS R D	A	L S	]	BEATS EATHS R	A	L S	]	BEATS EATHS R D	A	L	I	BEATS EATHS R D	
4. PULSE (Per Minute) 5. RESPIRATION (Per Minute) 6. PUPILS (Compare Both Eyes) 7. BLOOD PRESSURE (Systolic / Diastolic) 8. SKIN - CSM (Color /Sensation/Moist) 9. TEMPERATURE (Core vs. Extremity) 10. MEDICATION (Dosage & Time)		L S	I	EATHS  R  D	A	L S	]	EATHS  R  D	A	L S	]	EATHS  R  D	A	L S	I	EATHS R D	
4. PULSE (Per Minute) 5. RESPIRATION (Per Minute) 6. PUPILS (Compare Both Eyes) 7. BLOOD PRESSURE (Systolic / Diastolic) 8. SKIN - CSM (Color /Sensation/Moist) 9. TEMPERATURE (Core vs. Extremity) 10. MEDICATION (Dosage & Time) 11. OXYGEN		L S	I	EATHS R D	A	L S	]	EATHS R D	A	L S	]	BEATS EATHS R D	A	L S	I	EATHS R D	
4. PULSE (Per Minute) 5. RESPIRATION (Per Minute) 6. PUPILS (Compare Both Eyes) 7. BLOOD PRESSURE (Systolic / Diastolic) 8. SKIN - CSM (Color /Sensation/Moist) 9. TEMPERATURE (Core vs. Extremity) 10. MEDICATION (Dosage & Time)		L S C D	BRE	EATHS  R  D  E  T		L S C D R	BRI	EATHS  R  D  E  T		L S C D	BRI	EATHS  R  D  E  T	A	L S	I	EATHS R D	
4. PULSE (Per Minute) 5. RESPIRATION (Per Minute) 6. PUPILS (Compare Both Eyes) 7. BLOOD PRESSURE (Systolic / Diastolic) 8. SKIN - CSM (Color /Sensation/Moist) 9. TEMPERATURE (Core vs. Extremity) 10. MEDICATION (Dosage & Time) 11. OXYGEN		L S	BRE	EATHS  R  D  E  T		L S C D R	BRI	EATHS  R  D  E  T		L S C D	BRI	EATHS  R  D  E  T	A	L S	I	EATHS R D	
4. PULSE (Per Minute) 5. RESPIRATION (Per Minute) 6. PUPILS (Compare Both Eyes) 7. BLOOD PRESSURE (Systolic / Diastolic) 8. SKIN - CSM (Color /Sensation/Moist) 9. TEMPERATURE (Core vs. Extremity) 10. MEDICATION (Dosage & Time) 11. OXYGEN		L S C D	BRE	EATHS  R  D  E  T		L S C D R	BRI	EATHS  R  D  E  T		L S C D	BRI	EATHS  R  D  E  T	A	L S	I	EATHS R D	
4. PULSE (Per Minute) 5. RESPIRATION (Per Minute) 6. PUPILS (Compare Both Eyes) 7. BLOOD PRESSURE (Systolic / Diastolic) 8. SKIN - CSM (Color /Sensation/Moist) 9. TEMPERATURE (Core vs. Extremity) 10. MEDICATION (Dosage & Time) 11. OXYGEN		L S C D	BRE	EATHS  R  D  E  T		L S C D R	BRI	EATHS  R  D  E  T		L S C D	BRI	EATHS  R  D  E  T	A	L S	I	EATHS R D	
4. PULSE (Per Minute) 5. RESPIRATION (Per Minute) 6. PUPILS (Compare Both Eyes) 7. BLOOD PRESSURE (Systolic / Diastolic) 8. SKIN - CSM (Color /Sensation/Moist) 9. TEMPERATURE (Core vs. Extremity) 10. MEDICATION (Dosage & Time) 11. OXYGEN		L S C D	BRE	EATHS  R  D  E  T		L S C D R	BRI	EATHS  R  D  E  T		L S C D	BRI	EATHS  R  D  E  T	A	L S	I	EATHS R D	
4. PULSE (Per Minute) 5. RESPIRATION (Per Minute) 6. PUPILS (Compare Both Eyes) 7. BLOOD PRESSURE (Systolic / Diastolic) 8. SKIN - CSM (Color /Sensation/Moist) 9. TEMPERATURE (Core vs. Extremity) 10. MEDICATION (Dosage & Time) 11. OXYGEN		L S C D	BRE	EATHS  R  D  E  T		L S C D R	BRI	EATHS  R  D  E  T		L S C D	BRI	EATHS  R  D  E  T	A	L S	I	EATHS R D	
4. PULSE (Per Minute) 5. RESPIRATION (Per Minute) 6. PUPILS (Compare Both Eyes) 7. BLOOD PRESSURE (Systolic / Diastolic) 8. SKIN - CSM (Color /Sensation/Moist) 9. TEMPERATURE (Core vs. Extremity) 10. MEDICATION (Dosage & Time) 11. OXYGEN		L S C D	BRE	EATHS  R  D  E  T		L S C D R	BRI	EATHS  R  D  E  T		L S C D	BRI	EATHS  R  D  E  T	A	L S	I	EATHS R D	
4. PULSE (Per Minute) 5. RESPIRATION (Per Minute) 6. PUPILS (Compare Both Eyes) 7. BLOOD PRESSURE (Systolic / Diastolic) 8. SKIN - CSM (Color /Sensation/Moist) 9. TEMPERATURE (Core vs. Extremity) 10. MEDICATION (Dosage & Time) 11. OXYGEN		L S C D	BRE	EATHS  R  D  E  T		L S C D R	BRI	EATHS  R  D  E  T		L S C D	BRI	EATHS  R  D  E  T	A	L S	I	EATHS R D	
4. PULSE (Per Minute) 5. RESPIRATION (Per Minute) 6. PUPILS (Compare Both Eyes) 7. BLOOD PRESSURE (Systolic / Diastolic) 8. SKIN - CSM (Color /Sensation/Moist) 9. TEMPERATURE (Core vs. Extremity) 10. MEDICATION (Dosage & Time) 11. OXYGEN (Rate & %)	TRI	L S C D	BRE	EATHS  R  D  E  T		L S C D R	BRI	EATHS  R  D  E  T		L S C D	BRI	EATHS  R  D  E  T	A	L S	I	EATHS R D	
4. PULSE (Per Minute) 5. RESPIRATION (Per Minute) 6. PUPILS (Compare Both Eyes) 7. BLOOD PRESSURE (Systolic / Diastolic) 8. SKIN - CSM (Color /Sensation/Moist) 9. TEMPERATURE (Core vs. Extremity) 10. MEDICATION (Dosage & Time) 11. OXYGEN	TRI	L S C D	BRE	EATHS  R  D  E  T		L S C D R	BRI	EATHS  R  D  E  T		L S C D	BRI	EATHS  R  D  E  T	A	L S	I	EATHS R D	
4. PULSE (Per Minute) 5. RESPIRATION (Per Minute) 6. PUPILS (Compare Both Eyes) 7. BLOOD PRESSURE (Systolic / Diastolic) 8. SKIN - CSM (Color /Sensation/Moist) 9. TEMPERATURE (Core vs. Extremity) 10. MEDICATION (Dosage & Time) 11. OXYGEN (Rate & %)	TRI	L S C D	BRE	EATHS  R  D  E  T		L S C D R	BRI	EATHS  R  D  E  T		L S C D	BRI	EATHS  R  D  E  T	A	L S	I	EATHS R D	
4. PULSE (Per Minute) 5. RESPIRATION (Per Minute) 6. PUPILS (Compare Both Eyes) 7. BLOOD PRESSURE (Systolic / Diastolic) 8. SKIN · CSM (Color /Sensation/Moist) 9. TEMPERATURE (Core vs. Extremity) 10. MEDICATION (Dosage & Time) 11. OXYGEN (Rate & %)	TRI	L S C D R EATME	BRE NTS / (	BEATS  R  D  EATHS  R  COBSER	VATIO	L S C D R	BRI	EATHS R D EATHS R T WT MEI	DICATI	L S C D	BRI	BEATS EATHS R D ET T % RGIES	ATE (D)	L S C D R	I	EATHS R D	