

2015 Frederick County First Aid Meet

Basic Level

SCORE SHEET – PROBLEM # 1

Scenario: You are at summer camp taking Forestry Merit Badge. The instructor has asked each member of the class to find a leaf sample to bring back for microscopic study in the classroom, so everyone is out getting leaves. Upon return to the classroom, you note that the student next to you has a branch with 4 pair of corresponding thin pointed shiny, leaves and one leaf on the end, and there are also some small white berries attached. What is this plant and what do you do?

**MAXIMUM
POINTS**

**POINTS
AWARDED**

OBSERVED

15

You immediately recognize this as POISON SUMAC and, without creating a panic, notify the instructor of the danger. The instructor applies protective gloves and removes it from the classroom.

10

You instruct the student to immediately and thoroughly wash his hands and avoid anywhere else the Sumac may have touched.

QUESTIONS

15

Name and describe the 3 Poisonous Plants in our area.

ANS:

1. Poison Ivy - Usually three shiny triangular leaves, with seasonal berries
2. Poison Oak - Similar to Poison Ivy but the leaves are not usually shiny or as pointed. Also grows as a very hairy type vine on trees, also has seasonal berries.
3. Poison Sumac - the 9 leaf branch as described above. Leaves can be shiny as well with seasonal berries.

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By what means do these plants spread their irritation, and how long do you have to be exposed to "catch" it?

ANS: Any skin contact with the oil or smoke from burning sap of the leaves, branches, vines, stems and roots all can cause an infection.

However, usually the sap must remain in contact with the skin for 10-20 minutes before it binds to the cells and takes effect.

10

How do we treat an exposure to any of these poisonous plants?

ANS: Wash affected skin ASAP thoroughly with soap and water. Note that clothing may contain the sap/oil and must be washed as well; also pets that go outdoors may also get the oil on their coats as a means of spreading it. If the irritation appears apply rubbing alcohol and lotions such as calamine. Do not itch it as this will only cause increased irritation. In severe cases see a doctor for medical treatment.

Scenario 1 60 Point Value

Floor Position	Judge's Initials	Checker 1	Checker 2	Checker 3

PLEASE PRINT CLEARLY!!!

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Basic Level

SCORE SHEET – PROBLEM # 2

Scenario: Your patrol is out on a five mile hike with the first year program on the trails of Catoclin Mountain Park on a warm summer day. As the hike continues you notice one of the staff members appears flushed, is sweating profusely, and appears confused. He stumbles and falls to the ground. What do you do?

<u>MAXIMUM POINTS</u>	<u>POINTS AWARDED</u>	<u>OBSERVED</u>
10	_____	Recognize the staffer’s problem as dehydration. Judge: There are no other injuries. Treatment:
5	_____	- Encourage the staffer to drink fluids and rest.
5	_____	- Move staffer out of the hot weather and into a shaded area or air conditioned building.
5	_____	- Keep checking his condition after moving.

QUESTIONS

20	_____	What are signs of dehydration? ANS: Judge – give 5 points for any sign in each of the 6 categories below up to Maximum of 20 points: 1 - Severe thirst, dark urine, decreased urine production 2 - Fatigue, weakness 3 - Dry skin and lips, decreased sweating 4 - Nausea, fainting, loss of appetite 5 - Headache, body aches, muscle cramps 6 - Confusion, dizziness
5	_____	What 3 ways does the body lose water? ANS: Judge - give 5 points for all three or 1 point for each one: Breathing, Sweating, Urination.
10	_____	Describe the first aid for dehydration in cold weather? ANS: 1 - Make sure the victim’s clothing is dry. 2 - Get the victim out of the cold, into a tent, and into a sleeping bag or warm building. 3 - Continue checking their condition.

Scenario 2 60 Point Value

Floor Position	Judge’s Initials	Checker 1	Checker 2	Checker 3

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Basic Level

SCORE SHEET – PROBLEM # 3

Scenario: While sitting in the amphitheater watching the theater merit badge class rehearse their performance of the play- *If I were not a Boy Scout*, you see a scout accidentally fall 3 feet off the stage. He is laying at the base of the stage holding his right arm and moaning in pain. What do you do?

<u>MAXIMUM POINTS</u>	<u>POINTS AWARDED</u>	<u>OBSERVED</u>
5	_____	<p>Check for any other possible injuries. Locate the injury site. Recognize that the injury may be an upper arm fracture.</p> <p>Judge: When the patrol assesses the right upper arm, identify the pain site.</p>
20	_____	<p>Calm and reassure the scout and splint the upper right arm.</p> <p>Judge: be sure that the injury is treated gently. They are not to move the arm.</p> <ul style="list-style-type: none"> - Splinting is done with one splint on the outside of the arm, secured with at least 2 cravats/rolled gauze (NOT to be on top of the injured site). - Put the arm in a sling with the hand about 3” above level. - Use a bandage to hold the upper arm against the side of the chest. <p>Judge: Ensure arm is immobilized properly. If it is done correctly, but not secured, deduct 5 points.</p>
10	_____	<p>Check for circulation after splinting on the injured arm by checking for:</p> <ol style="list-style-type: none"> 1. COLOR of the right hand. 2. WARMTH of the fingers on the right hand. 3. Checking for FEELING on fingers of the right hand.
10	_____	<p>Patrol: treats the victim for shock. Have him lie down if he can and raise his feet about 12 inches. Maintain body temperature with blankets, sleeping bags, etc.</p>
5	_____	<p>General patrol attitude, demeanor, and care in treatment.</p>
<u>QUESTIONS</u>		
5	_____	<p>What are the signs and symptoms of a broken bone?</p> <p>ANS: Swelling, pain, redness, bruising, snapping sound, unable to move.</p>
5	_____	<p>Under what circumstances would you straighten a fracture?</p> <p>ANS: NONE! Do not try to straighten or reposition the injured area.</p>

Scenario 3 60 Point Value

Floor Position	Judge’s Initials	Checker 1	Checker 2	Checker 3

PLEASE PRINT CLEARLY!!!

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Basic Level

SCORE SHEET – PROBLEM # 4

Scenario: Your patrol is at the Camp Health Lodge waiting to start First Aid Merit Badge Class. A young scout runs in and says he feels like he is going to throw-up. He is pale, sweating and complains of a severe pain in his stomach. Further questioning reveals he drank some clear liquid from a jar at the Earth Lodge on a dare. What do you do?

<u>MAXIMUM POINTS</u>	<u>POINTS AWARDED</u>	<u>OBSERVED</u>
15	_____	Recognize This Scout has Internal Poisoning. This is a true emergency! Notify 911 and call Poison Control <u>1- 800-222-1222</u> immediately. Provide as much information on the substance taken as possible (color, smell, amount, name, etc.).
15	_____	Have him lay on his side in the Recovery Position, and protect his airway. Treat for shock, and monitor breathing.
15	_____	Do NOT induce vomiting or give anything by mouth unless directed by Medical Professionals/Poison Control.

QUESTIONS

5	_____	Why should you save any vomit from a poisoning patient? ANS: It could help a physician identify the poison and give the correct treatment.
5	_____	What is a poison? ANS: A drug, chemical or toxic substance that if ingested can cause illness or death.
5	_____	What is Anaphylaxis? ANS: A Life Threatening Allergic Reaction to a bite, sting, inhaled, ingested, or absorbed substance.

Number of Scouts in this Patrol _____
 Number of them who did not attend last year _____

Scenario 4 60 Point Value

Floor Position	Judge's Initials	Checker 1	Checker 2	Checker 3

PLEASE PRINT CLEARLY!!!

2015 Frederick County First Aid Meet

Advanced Level

SCORE SHEET – PROBLEM # 5

Scenario: While enjoying some free time at the archery range, you suddenly see a young scout run onto the edge of archery range just as your patrol leader lets an arrow soar down range. The arrow hits the scout and is impaled in his right upper leg (thigh). He is on the ground screaming in pain. What do you do?

**MAXIMUM
POINTS**

**POINTS
AWARDED**

OBSERVED

20

The first action is to insure scene safety. The potential of danger from others shooting arrows down range must be addressed. **Calm** the scout and assure him that he is in good hands.

Instruct someone to call 911 and make an injury report.

Judge: The Patrol Spokesman must verbalize this action.

20

Treatment: Carefully remove any clothing from around the impaled site. Check for any bleeding.

Judge: Dark blood is oozing from around the arrow base.

Observe that pressure is carefully applied and the arrow is NOT moved.

Judge: state: Bleeding is controlled.

20

The Impaled object must be CAREFULLY stabilized and secured in place from any movement. Patrol should place rolled bandages, rolled gauze, etc. (improvise) carefully around the object to build a protective wall around it and then carefully secure this protection with cravats/gauze/ace bandaging.

15

Treat for shock. Maintain body temperature and elevate the non-injured leg while you're continuing to check for any additional bleeding.

Transport to hospital ASAP.

QUESTIONS

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Why should you NOT remove an impaled object? If it is to be removed, when and by whom?

ANS: Since there is no way of knowing what damage is underlying this object, it should NOT be removed (to prevent further injury). It should ONLY be removed BY a doctor.

Judge: Ask "What is the exception to this rule?"

EXTRA credit ONLY – NO points awarded. The exception is: ONLY REMOVE if the object is in the cheek or neck and affects breathing/airway.

10

Why is Scene Safety the most important issue before we treat any patient?

ANS: When providing emergency care for anyone you must always make sure your own safety is OK or you could also become another victim adding to the problem.

5

Placing a splint under the leg will provide additional support and immobilization in treating this injury. What is the general rule in determining the length of a splint?

ANS: Splints should extend beyond the joints on both sides of the injury site.

Scenario 5 100 Point Value

Floor Position	Judge's Initials	Checker 1	Checker 2	Checker 3

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Advanced Level

SCORE SHEET – PROBLEM # 6

Scenario: While members of your patrol are walking down the hill to the pool for open swim, one of the maintenance workers zooms by on the new Camp Polaris ATV. Suddenly, he swerves to avoid a scout who is walking ahead in the roadway. The ATV flips over and the driver is thrown violently from the vehicle. The Polaris rolls out of the way and you see the injured maintenance worker lying motionless on the ground, dazed and moaning in pain. What do you do?

<u>MAXIMUM POINTS</u>	<u>POINTS AWARDED</u>	<u>OBSERVED</u>
10	_____	The patrol recognizes that this is a hurry case and a life threatening injury, and makes an immediate call to 911.
5	_____	Recognize that the injury is an upper leg fracture with possible neck and back injuries. Judge: Indicate these injuries as they perform a check.
10	_____	Immediately stabilize the patient’s neck and spine by holding his head in the position that they found him. Do not release stabilization until a trained medical person takes over.
20	_____	Splint the leg: 1. Padded splint outside of leg from armpit to heel 2. Padded splint inside of leg from crotch to heel 3. Tie splints together from ankle to crotch and across the patient’s abdomen and chest, but NOT on the injury site. Judge: Ensure that the leg is immobilized properly. If it is done correctly but not secured, deduct 5 points.
10	_____	Check for circulation after splinting by checking for: 1. COLOR of the right foot 2. WARMTH of the toes on the right foot. 3. Checking for FEELING on toes of the right foot
10	_____	Patrol treats the victim for shock. . They are NOT to raise his legs or move him, because the patient may have back, neck, head injuries, and does have a fractured leg. They may keep him warm and monitor his airway and breathing.
5	_____	General patrol attitude, demeanor, and care in treatment.

QUESTIONS

10	_____	Why is a fractured upper leg bone (femur) considered life threatening? ANS: Jagged ends of the fractured bone may cut major blood vessels causing severe bleeding
10	_____	When should you move this patient? ANS: NEVER before trained medical personnel have applied a traction splint. <i>Exception:</i> If they are in harm’s way in a life threatening situation.
10	_____	Explain the difference between a closed and an open fracture. ANS: CLOSED – A broken bone that does not go through the skin. OPEN – A broken bone cuts through the skin causing an open wound.

Scenario 6 100 Point Value

Floor Position	Judge’s Initials	Checker 1	Checker 2	Checker 3

2015 Frederick County First Aid Meet

Advanced Level

SCORE SHEET – PROBLEM # 7

Scenario: Your rifle merit badge class is on a field trip to the sportsman’s club to see a cowboy action shootout demonstration. As the demonstration wraps up one of the cowboys accidentally discharges his pistol into his right wrist area. Other shooters secure his weapon. What do you do?

**MAXIMUM
POINTS**

**POINTS
AWARDED**

OBSERVED

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| 20 | | The Cowboy is very pale in pain and holding his right wrist. A steady stream of bright red blood is running down his hand and pooling on the ground. Check for scene safety. - Is the gun secured?
Judge: If the patrol checks for scene safety, tell them that the scene is safe. |
| 10 | | Follow the steps of the First Aid method, using Personal Protection (gloves, etc. if you have them in your pocket). Time is very important. Call for help and calm the patient. |
| 10 | | <i>Immediately:</i> With a clean cloth or sterile dressing as a pad, use the palm of your hand to apply firm pressure directly over the gunshot wound.
Judge: The bleeding does not stop. |
| 10 | | <i>Immediately:</i> Apply a second pad over the 1 st and maintain direct pressure. Judge: Bleeding stops. |
| 10 | | After the bleeding stops, apply a Pressure Bandage to secure the pads in place using an ace bandage or cravat. Apply this “Pressure Bandage” to bind the pad firmly but not so tightly that circulation is cut off.
Judge: Check to insure proper bandage application. |
| 10 | | Check for circulation (feeling, warmth, color), and Treat for Shock. |

QUESTIONS

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| 10 | | Name the BSA Hurry Cases?
ANS: The Hurry Cases are: Stopped Breathing, No Pulse, Severe bleeding, Poisoning. |
| 10 | | What are the potential complications of a Compound Fracture?
ANS: The potential for Severe bleeding and infection. |
| 10 | | What are some indications that a bandage is too tight?
ANS: The area away from the body past the bandage could feel cold, appear white, and victim may have no feeling or pulse there. |

Scenario 7 100 Point Value

Floor Position	Judge’s Initials	Checker 1	Checker 2	Checker 3

2015 Frederick County First Aid Meet

Advanced Level

SCORE SHEET – PROBLEM # 8

Scenario: While sitting on the shoreline at the lake front, you are watching as other camp members practice sailing around the lake. Suddenly, a very strong gust of wind knocks one of the sailboats over and you see a scout thrown into the water. He immediately disappears under the water. The BSA Lifeguards quickly swim to scene, rescue the scout, and bring him to shore. The victim is pale, cold, and unresponsive. What do you do?

**MAXIMUM
POINTS**

**POINTS
AWARDED**

OBSERVED

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|----|--|---|
| 15 | | Follow the BSA First Aid Method: Check the scene, Call for help (Activate EMS/Call 911), provide urgent treatment, etc. |
| 10 | | Check for Responsiveness. Judge: Victim is unconscious. Patrol to state: “Send for AED.” Judge: NO C Spine issues suspected. |
| 25 | | <p>ABCD STEPS MUST BE DESCRIBED IN THIS SEQUENCE TO RECEIVE FULL CREDIT:
 Judge: If new CPR “CAB” (Circulation, Airway, Breathing) steps used, give full credit.
 Judge: Patrol is NOT to perform actual compressions or breathing.</p> <ol style="list-style-type: none"> 1. Open the Airway (Head tilt-Chin lift). 2. Look, Listen and Feel for breathing. Judge: NONE 3. Pinch Nose & Give 2 Breaths (using barrier). Judge: CHEST DOES RISE. 4. Check for Pulse (Carotid Artery). Judge: NONE 5. Begin Chest Compressions/Ventilations – 30:2 (adult rate) depth of at least 2”.
 Note – heel of 2 hands should be used – center of chest. 6. Describe the Use of an AED . |

QUESTIONS

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| 10 | | Name ONE of the two heart rhythms an AED will shock?
ANS: Ventricular Tachycardia OR Ventricular Fibrillation. |
| 5 | | What law covers citizens who help others in an emergency?
ANS: Good Samaritan Laws. |
| 15 | | What is the proper hand placement for an Adult, Child, and Infant when doing chest compressions?
ANS: Adult – 2 hands center of chest.
Child – 1 or 2 hands center of chest.
Infant – 2 Fingers Center of Chest. |
| 10 | | Within how many minutes following respiratory or cardiac arrest does brain death begin?
ANS: 3-5 minutes. |
| 10 | | You are successfully able to resuscitate your victim. He now has a pulse and is breathing. What do you do?
ANS: Place the victim in the recovery position AND treat for shock. |

Scenario 8 100 Point Value

Floor Position	Judge’s Initials	Checker 1	Checker 2	Checker 3