

# OEC Refresher Cycle B 2024

**November 16, 2024**

Topics to be covered:

- Patient Assessment/Lifts and Carries (Imhof)
- Airway Management (Lamb)
- Abdominal Emergencies (Neidhardt)
- Hip and Pelvic Trauma (Fisher)
- Heat Related Emergencies (Niemantsverdriet)
- Adaptive Athletes (Burch)

0730-0800 Sign-in

0800-0815 Welcome, Announcements, Refresher goals

08:20-0925 Abdominal Emergencies

0925-0930 Group Assignments

0930-1230 Station Rotation (55 min each w/ 5 min shuffle)

- Station 1: Patient Assessment/ Lifts and Carries
  - ABCD, Primary, Secondary, PERRL, AVPU, Pulse, Respiratory, BP, SpO2
  - Drags, Lifts, and Carries
  - Jams and Pretzels
- Station 2: Airway Management/Respiratory Emergencies/Breath Sounds
  - How to manually open the airway using:
    - Head-tilt/Chin-lift
    - Jaw-thrust
    - Crossed-finger
  - Recovery position-when and how?
  - Methods for proper sizing and inserting:
    - OPA
    - NPA
  - Oxygen tank set-up and use
  - Assessing and treating respiratory emergencies
  - How to Listen for Breath Sounds
- Station 3: Hip and Pelvic Trauma
  - Describe and demonstrate how to assess a patient with pelvic trauma.
  - Demonstrate use of the Bridge/ BEAN lift for pelvic injuries.
  - Describe and demonstrate how to manage a pelvic fracture (pelvic sling or pelvic binder). NO log roll.

- Describe and demonstrate how to remove a helmet-supine.
- Demonstrate complete SMR as part of care for hip/pelvic trauma.
- Describe and demonstrate how to assess injuries of the hip.
- Demonstrate how to care for injuries of the hip.
- Station 4: Heat Related Emergencies
  - Demonstrate the assessment and management of a patient suffering from each of the four types of heat-related illnesses:
    - Heat Syncope
    - Heat Cramps
    - Heat Exhaustion
    - Heat Stroke
- Station 5: Adaptive Athletes
  - Demonstrate how to assess and care for an adaptive athlete with a physical or cognitive disability who is injured or ill.

OEC technicians must take turns leading and demonstrating a full assessment. Ensuring scene safety and demonstrating the management of shock must be considered in each scenario.

1230-1300	Lunch
1300-1500	Continue station rotations
1500-1555	Wrap-up/Q&A
1600-1700	ALS Training