

## S.A.M.P.L.E

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We use the acronym sample when dealing with any assessment of a patient being medical or trauma, but what does it really mean?? Is it really just a simple mnemonic or is it much, much more?

By expanding the simple sample **QUESTION** as you can see above it allows us as EMS providers to gather a better patient history to provide better patient care to the people we serve! We may ask these all or some of these questions on a regular basis, now is the time to get in the habit of asking all these questions all the time to every patient we come in to contact with. It will only make you a better EMS provider.



S – Signs and Symptoms

A – Allergies to medications, food or other items

M – Any medications take including prescribed, over the counter or illegal

P- Past medical history including any recent illnesses

L – Last oral intake and amount, last medications taken, last blood sugar check (if diabetic), last menstrual cycle (if female)

E – Events leading up to the current illness or injury and how patient felt prior to.

Now it's your turn!! Keep a mini notebook/ notepad in your pocket with the above question written down to help you to remember to ask them. I know what you are saying, only rookies carry notebooks/ notepads on medical calls but there are plenty of seasoned veterans that still carry notebook/notepads to this day. This will also help you record the information in detail and accurately to pass on the next patient care provider.

Now Drill on sample history by asking your fellow coworkers or family the above expanded questions.