



SAMPLE HISTORY BREAK DOWN

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The **S**A**M**P**L**E in sample history stands for signs and symptoms, what does this really mean? Here is a technical definition; Objective evidence of disease perceptible to the EMS professional is a **SIGN** and subjective evidence of disease perceived by the patient is a **SYMPTOM**. Now let's break that down, signs are things we can see as EMS professionals such as visible injuries, how the patient is acting or diagnostic items such as vital signs or blood sugar. Symptoms are things the patient tells us or complains of such as headache, dizziness, shortness of breath, chest pain. Then some are signs and symptoms such as a rash or shortness of breath.

Now it is time to drill!! Below are three well detailed scenarios. In each scenario write down the sign then write down the symptoms. You should have 3 boxes left to right labeled scenario 1, 2, 3 then under it a box split down the middle labeled sign and the second symptoms so they can list them.

Scenario #1: You are dispatched to a 65 year old female patient for chest pain. Upon your arrival the patient is sitting in a chair doubled over in clutching her chest and very cool, pale and sweaty. Patient states she is having 8 out of 10 chest pains with pain in the upper back and tingling in her arm. Patient also has trouble speaking full sentences due to increase shortness of breath. Patient other complaints are nausea and dizziness. Patient vitals are BP 180/100 P 110 R 20. What are her signs and what are her symptoms.

Scenario #2: You are dispatched to a motor vehicle collision where a pedestrian was stuck by a car. Upon your arrival you are directed to a 21 year old male patient lying flat on the ground. Patient is conscious and breathing complaining of head pain and left leg pain and does not remember what happened. You look to see the patient has a large contusion on his forehead, with a laceration above his left eye that is bleeding. The patient also has obvious bleeding and deformity towards his ankle on his left leg. What are his signs and what are his symptoms. Patient vitals are BP 90/60 P 120 R 16

Scenario #3: You are dispatched to an unresponsive diabetic patient. Upon you arrive you find a 35 year old male patient who is unconscious and unresponsive lying in bed. Family tells you they found him like this and he is a lifelong diabetic. Family also states patient took his regular does of insulin without eating then prior to calling 911 family took his blood sugar with an at home meter which read 20 upon testing. Patient is also extremely sweaty with snoring respirations. What are his signs and what are his symptoms. Patient vitals are BP 110/80 P 80 R 10