

NSP Outdoor Emergency Care Alphabet Soup

Top 20 Acronyms and Mnemonics from OEC5E

Assessment

Airway
Breathing
Circulation
Disability

Mechanism
Of
Injury

Nature
Of
Illness

Deformity
Contusions
Abrasions/**A**vulsions
Punctures/**P**enetrations
Burns/**B**leeding/**B**ruises
Tenderness
Lacerations
Swelling

Within
Normal
Limits

Signs & Symptoms
Allergies
Medications
Pertinent History
Last Oral Intake
Events Prior

Alert
Verbal
Pain
Unresponsive

Mental Status

Altered
Mental
Status

Alcohol/**A**cidosis
Epilepsy/**E**nvironment/**E**lectrolytes
Insulin
Oxygen/**O**verdose
Uremia
Trauma/**T**umors
Infection
Poisoning/**P**sychiatric Conditions
Seizures/**S**troke/**S**yncope

Prioritizing

Chief Complaint
History
Examination
Assessment
Treatment
Evaluation
Disposition

Triage

ImmEDIATE
Delayed
Minimal
Expectant

Illness/Injury

Traumatic
Brain
Injury

Non
Insulin-
Dependent
Diabetes
Mellitus

Insulin-
Dependent
Diabetes
Mellitus

Pain Evaluation

Onset
Provocation/**P**alliation
Quality
Radiation
Severity
Time

Communication

Sex
Age
Incident/Complaint
Location
Equipment Needed
Resources Needed

Documentation

Facts
Accurate
Complete
Terms
Unbiased
Avoid Slang
Legible/**L**egal
Organized
Error-Free
Checked

Transportation

Body
Elevation
And
Movement Lift

Body
Elevation
And
Non-Movement Lift

Treatment

High
Arm
I
N
Endangered
Spine