|  |  |  |  |
| --- | --- | --- | --- |
| **Name: ………………………………………………………………… Company: ……………………………………………………………….. Date: ……………..................................................................** | | | |
| Checklist: Practical skills for first aid for stroke *§* | **Skill applied correctly?** | | **Commentary judgment** |
| Yes | No |
| **Supports the victim on the paralysed side** *The tutor will be sitting sagged on his chair upon entering. The participant should support the tutor consequently, to avoid him from falling and injuring himself. Sole exception is when performing the FAST test, when it is logical to sit in front of the victim. Correct alternative: helping the person to sit on the ground, leaning against a wall.* |  |  |  |
| **Executes the FAST-test:**  - Lets the victim smile or show his teeth. - Lets the victim raise both arms, palms facing upwards.  - Lets the victim repeat a sentence or answer a question. - Asks the victim how long the symptoms have been present. *Well executed = all 4 parts of the FAST test executed well.  If the person does not explicitly asks how long the symptoms have lasted during the FAST test, but does this afterwards when ‘calling 112’, this can also be considered executed correctly.* |  |  |  |
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| **Alarms the emergency services immediately.**  *Immediately : calls 112 immediately after executing the FAST test* |  |  |  |

# Appendix 5: Skills checklists

Points to earn: FAST test = 4 points (1 for each component), calling 112 = 4 points, supporting the victim = 1 point. This leads to a maximum of 9 points to be earned.

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| --- | --- | --- | --- |
| **Name: ………………………………………………………………… Company: ……………………………………………………………….. Date: ……………..................................................................** | | | |
| Checklist: Practical skills for first aid for a first degree burn on the lower arm. *§* | **Skill applied correctly?** | | **Commentary judgment** |
| Yes | No |
| **Washes or disinfects the hands and puts on disposable gloves.** *Does this, or proposes to do so in case no disfectant/water and gloves are available.* |  |  |  |
| **Judges correctly that it is not necessary to consult specialized help.** *This is a superficial burn. Consulting a physician or calling 112 is unnecessary. Skill applied incorrectly if the participant would propose to see a physician or call 112.* |  |  |  |
| **Cools the burn with water** *Correct = lukewarm water, minimum 10 minutes, not directly on the burn. Uses either a tap present, or a bottle of water and recipient (for demonstration purposes) in case no tap is present. Does not use ice. Instructor will ask explicitly how long the participant would cool the burn.  -* Lukewarm or cool, running water - Long enough (10 min) - Not directly on the burn, but not too far above it (e.g. on upper arm if burn is on forearm) |  |  |  |
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|  |  |  |
| **Applies hydrating crème on the burn**  *Correct application of the hydrating crème.* |  |  |  |
| **Covers the burn using a bandage** *Correct application of a spiral bandage.* |  |  |  |
| **Removes gloves and washes hands.** *Does this, or proposes to do so in case no disfectant/water and gloves are available.* |  |  |  |

Points to earn: cooling with water = 5 points (2 for using lukewarm/cool running water, 2 for cooling long enough, 1 for not directing the water directly on the burn. If ice is also suggested, the skill is not considered mastered = 0 points), hand hygiene: 2 x 0.5 point (once at the start of treatment and once at the end), correctly estimating not to contact specialized help = 1 point, applying a hydrating crème = 1 point, covering the burn = 1 point. This leads to a maximum of 9 points to be earned.

*§ This is a translated version of the skills checklist as the original will be provided in Dutch to the assessors of the video.*